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**FIT FOR LIFE**

JANUARY 2015 | MENSFITNESS.CO.UK

# Men's Fitness

**GET  
LEAN  
IN EIGHT  
WORKOUTS**

This man shows  
you how

**YOUR XMAS  
BODY PLAN**

- ✓ Drink booze
- ✓ Eat mince pies
- ✓ Build muscle

**WILL CROSSFIT  
INJURE YOU?**

**50  
MUST-HAVE  
FITNESS  
GADGETS  
FOR 2015**

**THE  
ULTIMATE  
FAT-LOSS  
WEAPON**

**FLU-PROOF  
YOUR BODY  
IN 24 HOURS**

**THE  
FUTURE  
OF FITNESS**

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THAT WILL REVOLUTIONISE  
THE WAY YOU TRAIN**



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# MAN OF TODAY

GERARD BUTLER FOR BOSS BOTTLED



**BOSS**  
HUGO BOSS

#MANOFTODAY



A close-up portrait of a man with a beard and intense gaze, wearing a dark knit beanie with a red and green band and a dark jacket with a red collar. The background is a blurred outdoor scene with rocks and foliage. A yellow banner with the text "OUTDOORS IS EVERYWHERE" is overlaid on the bottom left.

***OUTDOORS IS EVERYWHERE***





**Jack  
Wolfskin**

**AT HOME OUTDOORS**

## **WELCOME TO THE BLUE HOUR**

The first rays of sun blink over the horizon, their warmth dispersing the tatters of mist of the blue hour as we rest after our pre-dawn ascent. It's moments like these that inspire us to do what we do – work hard to help get you out there. And keep you warm and dry. When it comes to insulated clothing, we've got what you need – rugged winter jackets like the ARCUS CLOUD JACKET MEN, for example. Weighing just 615 g in size L, it combines the advantages of our two high-end synthetic fills – FIBERCLOUD (with its down-like loft) and robust, compact MICROGUARD. See you out there!

[www.jack-wolfskin.com](http://www.jack-wolfskin.com)



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Christmas is about having fun. These tips will help you enjoy the holidays without being a mess when it's all over





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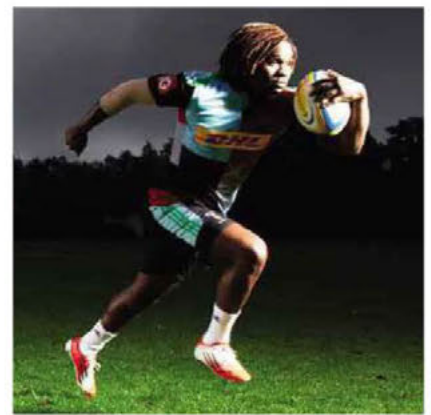
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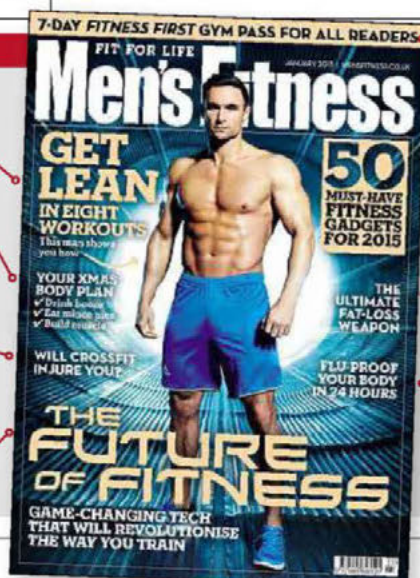
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# EDITOR'S LETTER



After years of trying - and failing - to cut out booze and mince pies at Christmas, I've given up on the whole idea. This time around I've accepted that their intoxicating lure will ultimately defeat my limited willpower, so I'm better off incorporating them into my Christmas training if I want to enjoy the festive season and keep my hard-won gym gains broadly on track.

Trying to swear off festive indulgences entirely just leads to the kind of monster blowout where you end up wasted on cheap sherry at 3am on Christmas Day, crying curranty tears of shame into your 15th mince pie. In your pants. I've been there and it's not a recipe for maintaining a six-pack.

That's why, this year, we went to some of the UK's leading trainers and nutritionists to come up with a strategic Christmas training guide that incorporates booze, baked treats and late nights and still keeps you from piling on body fat and losing muscle (p80).

Elsewhere in the issue, we're investigating the future of fitness (p53). As well as introducing you some of the game-changing training gear you'll want to get your hands on in 2015, we uncover how mind-warply different your workouts are going to become over the next ten years thanks to technology. We also explain why urban farming could be the key to taking your muscle gains



During Christmas, Nick operates on a '50 front squats to one mince pie' principle

to a whole new level (p97) and investigate whether CrossFit might be, as its critics would have you believe, a badly-executed system that'll leave your body in tatters - rather than the Holy Grail of training its proponents claim it is (p48).

There's much more besides - so grab an issue, plop yourself down in the com-

fiest chair in the living room, and raise a well-deserved glass to making this Christmas more fun, informative and fitter than ever before.

*Nick Hutchings,*  
editor

## IN THIS ISSUE Just some of the knowledgeable pros you'll find in *MF* this month



### DAVE KYLE TRAINING GURU

Les Mills International is one of the best-known training brands around the world, with more than

15,000 licensed clubs in 80 countries. Kyle, who is head trainer of Les Mills in the UK and Ireland, specialises in fast, focused body transformation programmes and created the effective barbell-based fat loss workout on p114.



### MARLAND YARDE RISING STAR

When Yarde scored two tries on his full England debut against Argentina in 2013, it was

obvious that he was a star of the future. Because of injury, that future hasn't come as quickly as hoped, but the Harlequins winger has been working hard in the gym to get back to fitness and back to scoring for England. See how he trains on p123.



### BRENDAN CHAPLIN SPORTS S&C SPECIALIST

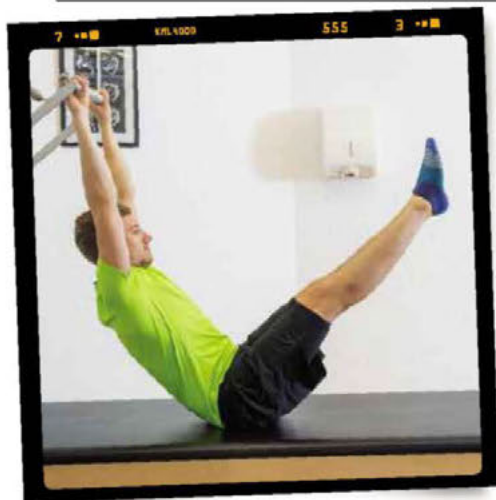
In a career working for the English Institute of Sport, the Lawn Tennis

Association, top rugby league clubs and numerous UK sport governing bodies, Chaplin has trained some of the best sportsmen and women in Britain - and we enlisted his help to keep you in shape through the tricky Christmas period (p80).



# THE MEFERS

The staff of *Men's Fitness* are always in the thick of the action



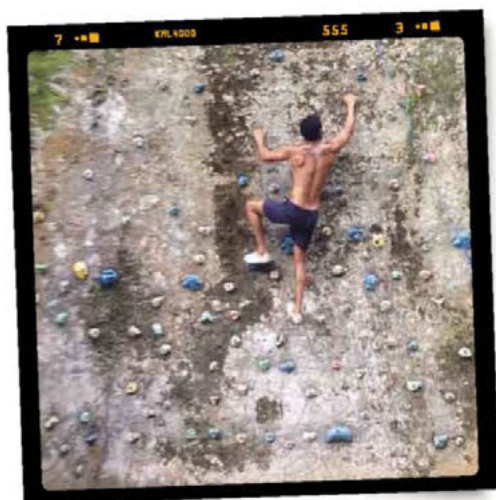
**Sam, senior staff writer**  
**#bodycontrol**

Ryan Giggs, Carl Froch and Andy Murray swear by it, but what can Pilates do for the average man? I went to Body Control to find out. Here I'm attempting a core-strengthening teaser on a Cadillac. Turn to p116 for more.



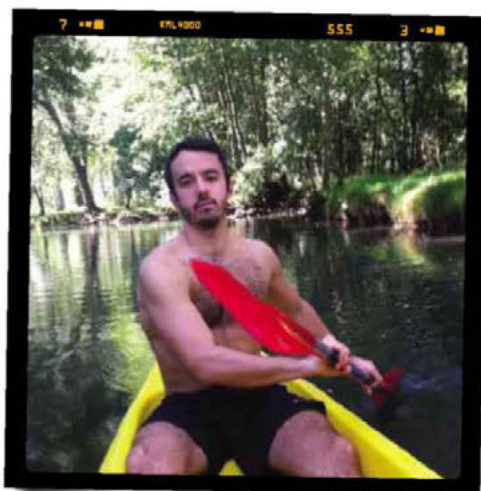
**James, marketing co-ordinator**  
**#10weeknewbody**

A ten-week transformation is always going to be tough, especially when two of those weeks are spent on holiday in Italy. But thanks to a TRX and some sturdy olive branches, I kept myself on track. See next issue for the results.



**Andre, digital writer**  
**#balibouldering**

I took my bouldering addiction around the world with a spot of climbing in the Balinese jungle. The humid conditions added an interesting slippery quality to the surface, but the risk of running into snakes made me climb faster.



**Ben, deputy editor**  
**#getyourbanjo**

I've been kayaking in southwest France, exploring the winding tributaries of the river Seugne. A couple of hours made a great shoulder and core workout, and helped to burn off the vast quantities of cheese and red wine I'd consumed.



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**Q** I've seen people deadlifting in their socks at the gym. Should I be going shoeless?

Jamie, 27, Durham

It all depends on your footwear, Jamie. 'Don't wear running shoes or cross-trainers,' says coach Jack Lovett. 'You need a firm, secure base when you lift, not a cushion. If you're worried about dropping plates on your toes, invest in a pair of quality Olympic lifting shoes, which offer hard soles and raised heels. A cheaper alternative would be Converse All Stars.'



**Q** My gym doesn't have a squat rack. What can I do to work around it?

Kelvin, 32, Manchester

Follow the advice of PT and ex-Marine Sean Lerwill, who's used to improvising. 'Use lighter weights with slow tempos and more time under tension to make the session harder,' says Lerwill. 'Train each leg separately with split squats and lunges. And train other lifts first using trisets and giants sets, so that squats with light weights are a challenge.' Or just find a better gym.



**Q** Is there any point training if I've got a hangover?

Andrew, 21, Newport

'As long as you rehydrate first, gentle exercise such as steady-state cycling or running can help, because it removes toxins from the body,' says nutritionist Laurent Bannock. 'But serious exercise is a bad idea. You'll be at greater risk of injury because of reduced cognitive function, any gains will be hampered and it'll probably make your hangover worse.' Finally, an excuse.

# Ask Men's Fitness

YOU ASK, WE ANSWER... WITH A LITTLE HELP FROM OUR FRIENDS



Even with a suit on, you can do these without stinking out the office

**Q** There are no showers in my office. Is there a worthwhile workout I can do without getting too sweaty?

Frank, 41, Surrey

Good news: even if you're stuck in a suit and tie, just being mobile pays dividends compared with stuffing down junk food while slumped in your office chair. 'Get up and move,' says strength and conditioning coach Jack Lovett. 'Try full-body mobility drills such as the chair squat (pictured) - squat with your toes as close to a chair as possible, trying to avoid touching the seat with your knees, which will force you to use proper form. Do five sets of five. This won't be demanding enough to make you sweat and will make you better at moves when you lift heavy in the gym.'

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## GET IN TOUCH

Post your fitness questions



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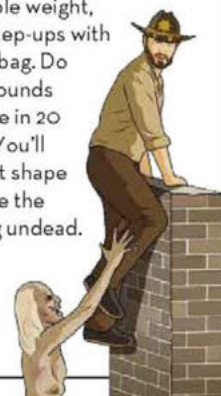
using the hashtag #askMF

## last issue's issues

**Q** Your zombie workout got me thinking. Everyone talks about getting in shape to fight zombies, but nobody talks about preparing for all the tedious hiking that comes in a petrol-free post-apocalyptic wasteland. Any suggestions?

Tommy, via email

Good point, Tommy. For zombie-free yomping, we'd take a workout from Mountain Athlete's Rob Shaul. Do six sandbag get-ups with a manageable weight, then 20 step-ups with the same bag. Do as many rounds as possible in 20 minutes. You'll be in great shape to outpace the shambling undead.







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# THE BIG PICTURE

## Look before you leap

'Intense!' is how photographer Krystle Wright describes the moment when a group of top base jumpers hurled themselves off the 120m Castleton Tower in Utah. 'I only found out it was a goer 24 hours before, and I'd decided that to do the jump justice I'd have to shoot it from the air - so it was a mad rush to find a pilot with a motorised tandem hang glider and plot the route.

'As soon as we took off in the glider, I realised there was way too much noise for me to contact the jumpers to let them know I when I'd be in position. That meant I would struggle to shoot each guy at the sweet spot of his jump. So I went into scattergun mode and just fired off as many as I could.

'Not having my normal framework for getting a good shot was stressful, so I was surprised how well some of the shots came out. This one of Michael Tomchek in mid-jump was the best of the lot. And it reminded me that when things aren't going to plan, the ability to adapt and the determination to persevere can help you snatch victory from the jaws of defeat. Since this shoot I've tried to apply this to everything I do.'

Words Andre Jackson Photography Krystle Wright (wrightphoto.com.au)







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TRAINING

KIT

OPINIONS

# UPGRADE

**P16** TEN ATHLETIC BENCHMARKS YOU MUST ACHIEVE **P22** GET IN SHAPE STANDING ON ONE LEG  
**P33** THE BEST NEW SKI AND BOARD TECH **P42** WHY EVERYONE SHOULD POWERLIFT FOR MUSCLE



## Raise your grass

**Use wheatgrass to give your liver a fighting chance during the party season**

The best way to save your liver from a hiding over Christmas and New Year is to skip the booze entirely. However, if you do end up indulging in a sherry or two, there's a simple way to negate some of alcohol's ill effects - wheatgrass.

One Indian study found wheatgrass extract reduces liver cell damage and

increases antioxidant levels in rats (a separate Princeton University study has shown that rodents' physical responses accurately predicts those of humans). Another found it helps prevent the damage alcohol causes to the defensive membrane of rats' liver cells.

The research indicates that it's

best to have a shot of the green stuff the morning after, but if the idea makes you feel queasy, try chucking it in a smoothie. Unfortunately, its restorative powers don't extend to destroying any photocopies of your arse going around your office, so it's still best to drink in moderation.



# WHAT A PLANKER

CHINESE POLICEMAN SETS NEW WORLD RECORD FOR HOLDING THE PLANK POSITION



How long can you maintain a plank with good form before giving in to the mounting pain? A minute? A few minutes? Whatever it is, Beijing SWAT team member Mae Weidong would see it as a mere warm-up. Mae recently set a new Guinness World Record after holding the plank for an insane four hours 26 minutes, smashing the previous record by over an hour – and he only stopped at that time to mark his wife's birthday of 26th April. Now that's a man with some serious core strength and dedication to be the best – and stay married.



**APPLE CRUSHING**  
Linsey 'Mama Lou' Lindberg has the record for crushing apples with her biceps. Surely eight in one minute can't be too hard to beat?

## MAKE OR BREAK

TRY TO BEAT THESE FEATS



**PISTOL SQUATS**  
Matthew Kaye did 29 pistol squats in a minute. You could do that with a bit of practice. The catch? He did it while perched on a scaffold pole.



**PRESS-UPS**  
Paddy Doyle did 26 press-ups in one minute on the backs of his hands while wearing a 45kg pack. On second thoughts, maybe let him have that one.

# FITNESS NEWS

## MF TOP TEN

BENCHMARKS OF ATHLETICISM AND FITNESS

### 1 100M SPRINT



**WR 9.58sec**  
'Sub-11.5sec is within reach – with hard work,' says England Athletics coach Nick Anderson (runningwithus.com).

### 2 MARATHON

**WR 2hr 2min 57sec**  
'Anything under 4hr is admirable for your first time,' says running coach Ben Barwick (fullpotential.co.uk).



### 3 500M ROW



**WR 1min 13.7sec**  
'For an impressive time try to smash out 500m in under 1min 30sec,' says David Hart of Concept2.

### 4 DEADLIFT 1RM

**WR 460.4kg**  
'Double bodyweight is a great measure of strength,' says Gym Jones's Rob MacDonald.



### 5 BENCH PRESS 1RM



**WR 327.5kg**  
'1.5x your bodyweight puts you in the top 5% of strong people,' says the UK's Strongest Man Eddie Hall.

### 6 CONSECUTIVE PULL-UPS

**WR 612**  
'Twenty strict reps in a row is decent,' says bodyweight exercise guru Chaka Clarke (spartanfam.com).



### 7 PRESS-UPS



**WR 10,507**  
'With proper form, 60 in a row is impressive,' says S&C coach Andy McKenzie (ironmacfitness.com).

### 8 BACK SQUAT 1RM

**WR 575kg**  
'A good goal to work towards would be 1.75x your bodyweight,' says PT Pieter Vodden (voddenunltd.com).



### 9 VO<sub>2</sub> MAX



**WR 97.5**  
'If you regularly do cardio training, between 50 and 60 is decent,' says coach Pat Leahy (provo2.com).

### 10 BODY FAT

**Elite 6%**  
'To be in good shape means a body fat level of 8-12%,' says sports dietitian Ana Anton-Solanas (gskhpl.com)



**WR** World record **1RM** One-rep max



## CELEBRITY STATUS

**THE UPDATE** Twitter  
**@IAMTHEIMMORTAL** Winter is coming again... and you better believe I will be grinding like this again at **@WESTSIDEARBELL** and **@ohiocombatclub**  
**@MENSFITNESSMAG** Even in mild British winters we find excuses not to train. Take inspiration from UFC welterweight Matt Brown by donning a good base layer, heading outside and pushing heavy stuff



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## SUPER SEAFOOD

Watch out kale - seaweed might be about to claim its place as the number-one nutrient-rich veg

Seaweed is usually associated with Asian food, but evidence suggests that Britons have been eating it since the Vikings came to stay more than 1,000 years ago. Introducing us to edible seaweed might not seem a fair cultural exchange in return for all that pillaging, but it turns out that they were on to a winner. Gram for gram the green stuff contains more iron than sirloin steak, more calcium than cheese and more fibre than prunes. It has a high proportion of protein - as much as 48% in some types - and is a good source of bodybuilding minerals such as iodine and potassium. It's also the only plant-based source of vitamin B12, which is needed to make red blood cells.

## KILLER WEED

These seaweeds are readily available in the UK. Paul Greening, head chef at Aqua Kyoto (aqua-london.com), suggests the best ways to prepare and eat them



### JAPANESE HIJIKI

'Rich in calcium, magnesium and dietary fibre,' says Greening. 'Soak the dry stuff for 20 minutes and add it to a noodle soup for a subtle caramel flavour.'

### RED DULSE

'This seaweed is up to 25% protein,' says Greening. 'It has four times as much iron as spinach, plus muscle-building amino acids. Eat it in dried form as a snack.'

### NORI

'Buy it fresh, chop it very finely, then dry it to form sheets and use them to make homemade sushi,' says Greening. 'It's a great source of vitamins A and C.'

## NUTRITION NEWS

## OMEGA MAN

Can't stand fish? Get your fill of healthy omega 3 fats from these other natural sources

### FLAXSEEDS

You can boost your omega 3 intake by adding flaxseeds (also known as linseeds) to foods such as porridge, muesli or yogurt - or consume your entire RDA in just half a teaspoon of flaxseed oil.



### GRASS-FED BEEF

All beef contains omega 3 fats, but the grass-fed kind has up to three times more than grain-fed meat. The omega 3 content is even used to verify whether beef is genuinely grass-fed or not.

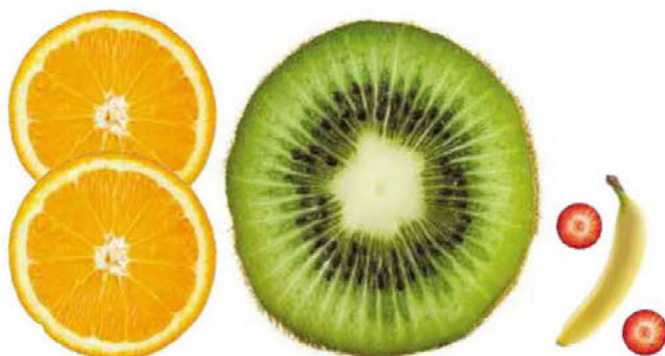


### WALNUTS

A palm-sized serving of walnuts provides all the omega 3 fats you need for the day, and unlike fish oil capsules you won't risk getting fishy breath before a date or important meeting.



Fresh fruit contains up to 80% more nutrients and antioxidants than dried fruit



# BLACK WITH ADDED SWEETENER



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FOR £500

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**£930**



**Fuel consumption figures for the CR-V 2.2 i-DTEC Black Edition in mpg (l/100km): Urban 43.5 (6.5), Extra Urban 55.4 (5.1), Combined 50.4 (5.6). CO<sub>2</sub> emissions: 149g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.**

**Model Shown:** CR-V Black Special Edition in Crystal Black Pearl at £30,510 On The Road (OTR). **Terms and Conditions:** New retail CR-V registered from 1 November 2014 to 05 January 2015. Subject to model and colour availability. Offers applicable at participating dealers and are at the promoter's absolute discretion. **CR-V Deposit contribution:** £1,000 Honda deposit contribution on CR-V models (excludes S grades) purchased through Honda Aspirations. **CR-V Black Special Edition Honda Aspirations (PCP):** \*4.9% APR Representative example shown based on CR-V 2.2 i-DTEC Black Edition in Crystal Black Pearl at £30,510 total cash price (and total amount payable) with 37 months 4.9% APR Representative (interest rate per annum 4.76% fixed). Minimum customer deposit 0%, maximum customer deposit 30%. Representative example based on a £7,552.90 (25%) deposit = £309 monthly payment, Guaranteed Future Value / Optional Final Payment of £13,438.87, annual mileage of 10,000 and excess mileage charge: 7p per mile. You do not have to pay the Final Payment if you return the car at the end of the agreement and you have paid all other amounts due, the vehicle is in good condition and has been serviced in accordance with the Honda service book and the maximum annual mileage of 10,000 has not been exceeded. Indemnities may be required in certain circumstances. Finance is only available to persons aged 18 or over, subject to status. All figures are correct at time of publication but may be subject to change. Credit provided by Honda Finance Europe Plc. 470 London Road, Slough, Berkshire SL3 8QY. Honda Finance Europe Plc. is authorised and regulated by the Financial Conduct Authority, Financial Services Register number 312541. **5 Years Servicing includes:** All scheduled servicing, as detailed in the vehicles service book, will be covered for 5 years or 62,500 miles, whichever comes first. 5 Years Servicing is optional. It is being offered for £500 including VAT (usual value £1,430 including VAT, resulting in a saving of £930 for the customer) and is available to finance or non-finance customers. Please note, should you sell the vehicle during the period of cover, the package remains with the vehicle.





00:20  
MIN SEC

WHAT IS IT?

00:10  
MIN SEC

High-intensity interval training alternates between bursts of exercising at full pelt (or close to it) and less intense or inactive rest periods. Studies show it builds cardio fitness and is a serious fat burner, even if sessions last just a few minutes.

## FOUR-MINUTE FAT BURNER

Tabata is the most famous HIIT method – and the shortest. Do any of these moves every morning as fast as you can for 20 seconds with ten seconds' rest between each, for a total of just four minutes.



**1 JUMP SQUAT**  
Squat down as low as you can then explode upwards into the air.



**2 MOUNTAIN CLIMBER**  
Get in a press-up position and alternately bring your knees towards your chest.

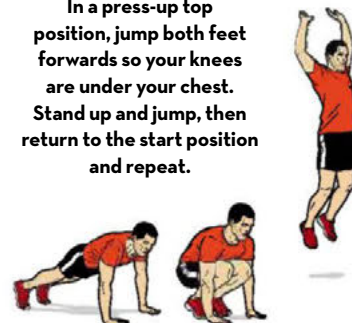


**3 HIGH KNEES**  
Run on the spot bringing your knees as high as you can. Fast arms!

## THE MOVE BURPEE

A favourite of sadistic PTs the world over, this intense total-body exercise gets your heart pumping in no time. You can do it anywhere, in any workout.

In a press-up top position, jump both feet forwards so your knees are under your chest. Stand up and jump, then return to the start position and repeat.



2

Just two weeks of HIIT improves your aerobic capacity as much as six to eight weeks of steady-state endurance training, according to the American College of Sports Medicine.

38

The number of hours the effects of HIIT last after you finish a session – your metabolism stays in overdrive, boosting your body's fat-burning capability.

## FAST TALK

'HIIT IS LIKE FINDING A NEW PILL THAT WORKS TWICE AS WELL. WE SHOULD IMMEDIATELY THROW OUT THE OLD WAY OF EXERCISING'

PROFESSOR JAN HELGERUD, TRAINING AND PHYSIOLOGY SPECIALIST AT THE NORWEGIAN UNIVERSITY OF SCIENCE AND TECHNOLOGY

## PACE YOURSELF

If you're new to exercise, build up to full intensity gradually to reduce your chance of injury.

450%  
How much a HIIT session can stimulate production of growth hormone by during the 24 hours afterwards.

## HIIT APPS

### 7 MINUTE WORKOUT CHALLENGE

(iOS, Windows, Android)

This app's snappy workout is said to equal an hour's moderate exercise.



### INTERVAL TIMER

(iOS, Windows, Android)

This free app lets you set your own interval periods for a tailor-made HIIT session.



### INTERVAL RUN

(iOS)

Let a virtual coach put you through your paces and swap steady-state plods for fat-torching interval runs.





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innovation  you

\*vs. Philips predecessor ranges.

Series 9000  
Shaver

**PHILIPS**



# Hit singles

**Work your weak spots, build your legs and improve your running with the single-leg landmine deadlift**

The single-leg Romanian deadlift is an excellent move to do – as long as your balance is up to scratch. If you're less gazelle and more Bambi-on-a-frozen-lake, the weight you can handle will be limited by your wobbling support leg. The solution? Keep one end of the bar on the floor, either tucked into a corner, a weight plate or a purpose-built bit of kit called a landmine. You'll be able to load up the bar to work your hamstrings and improve your balance.



A

B

## How to do it

SETS 3 REPS 8 EACH SIDE  
REST 30SEC

With one end of a barbell secured on the floor, grip the other end and stand on one leg, keeping a very slight bend in your other leg. Lean forward as far as possible, allowing your planted leg to bend a little, then stand back up, keeping your back straight throughout. Add this one to the end of leg day as a potent finisher.

## SIXTH SENSE

Improve your proprioception and unlock hidden reserves of agility and strength

Proprioception is your body's ability to transmit a sense of position, analyse that information and react – consciously or unconsciously – with the proper movement. It's part balance, part co-ordination, part agility, and recent studies suggest that it can be improved. Here's how.



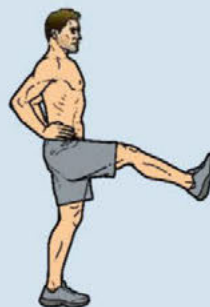
### TANDEM STANCE

The first move to master. Stand with one foot in front of the other, heel to toe. Hold for 30 seconds, then shut your eyes for another 30. Repeat on the other side.



### STORK

Or, as you know it, standing on one leg. Once you can hold it with your eyes closed, mimic running movements with your arms to further test your balance.



### SWING

Once you're used to single-leg balancing, add single-leg swings to your warm-up without support. Start with a straight leg, then move to using a bent knee – and speed up.

# BEFORE EXERCISE.

# DEEP HEAT IT.



Deep Heat Max Strength is  
a medicine. Read the label.

# AFTER INJURY.

# DEEP FREEZE IT.



Deep Freeze Cold Spray  
is a medical device.

DEEP HEAT



DEEP FREEZE





# Turning Japanese

Eat your way to serious strength with a muscle-building twist on teriyaki



The chicken version might be more famous, but if you want to pack on muscle, salmon teriyaki

should be your snack of choice. In addition to a big whack of protein, it also contains high levels of omega 3 fatty acids, which help you to recover after a tough gym session. For extra MF-approved goodness, this recipe also substitutes blood sugar-spiking noodles with high-fibre cucumber ribbons.

## SALMON TERIYAKI WITH CUCUMBER RIBBONS

### INGREDIENTS (SERVES 1)

2 fresh salmon fillets / 1tbsp soy sauce / 1tbsp dry sherry / 2tsp olive oil / 1tsp caster sugar / 2tsp grated root ginger / 2 garlic cloves, finely chopped / 1 cucumber / 2tsp rapeseed oil

### TO MAKE

- Cut the cucumber into long, thin ribbons using a potato peeler.
- Mix the soy sauce, olive oil, sherry, caster sugar, ginger and garlic.
- Marinate the salmon in half the mixture and the cucumber ribbons in the other half for at least three minutes.
- Fry the salmon in the rapeseed oil over a medium heat for three minutes on each side.
- Serve the salmon on top of the cucumber.



Words: Ben Ince Photography: Lauren McLean Food Styling: Karol Gladki


**SALMON**  
provides  
**VITAMIN B12,**  
which  
**BOOSTS**  
**ENERGY**

**CUCUMBER**  
provides  
**SILICA, which**  
**STRENGTHENS**  
**LIGAMENTS**  
**AND TENDONS**

**GARLIC**  
provides  
**MANGANESE,**  
which  
**TOUGHENS UP**  
**BONES**

<b>CALORIES</b>	<b>PROTEIN</b>
<b>820</b>	<b>82g</b>
<b>CARBS</b>	<b>FAT</b>
<b>17g</b>	<b>41g</b>



A man is shown from the chest up, smiling and looking upwards with his eyes closed. He is holding a yellow bottle of Original Source Quench shower gel in his right hand. Above his head, a pineapple is being splashed with water, and several chunks of pineapple are flying through the air. The background is a bright blue sky.

# QUENCH ME

 NEW

**ORIGINAL SOURCE** **SKIN** **QUENCH**

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SHOWER GELS PACKED WITH NATURAL OILS**





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Windows

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**Breathtaking detail.**

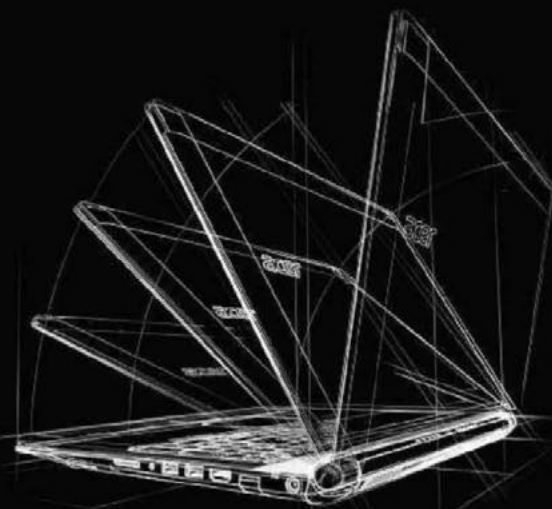
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UPGRADE

# KIT BAG

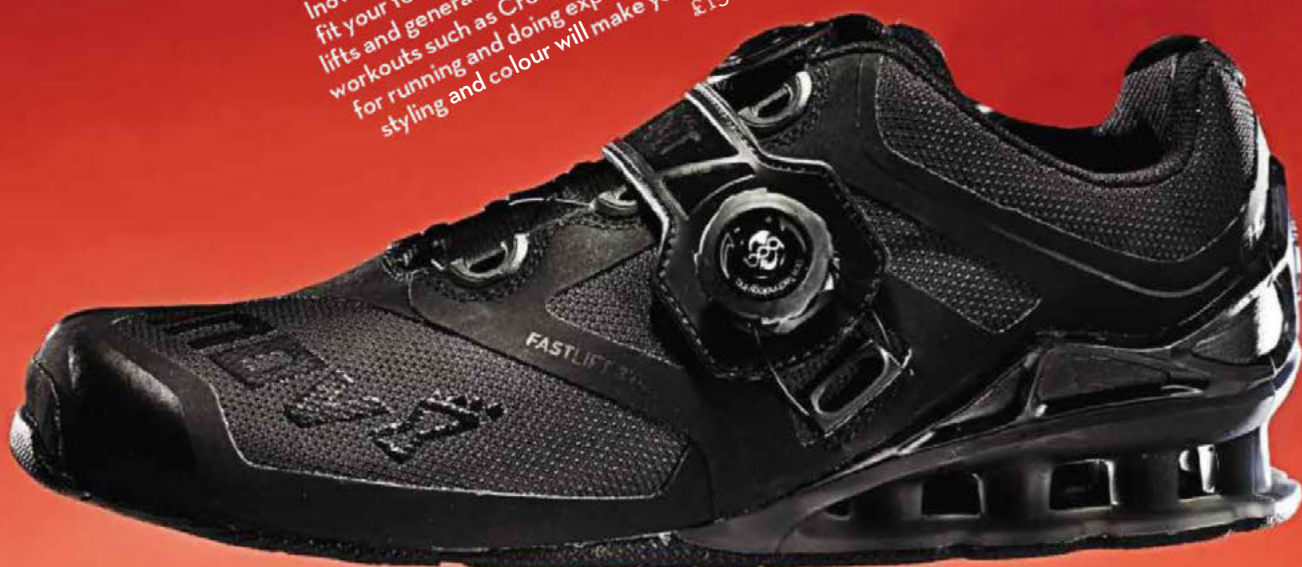
GAME-CHANGING FITNESS GEAR AND TECH



## Firm foundations

Lifting weights efficiently requires complete stability from the ground up. The Inov-8 FastLift 370 boosts yours thanks to its BOA Closure System, which helps it fit your foot to the nearest millimetre. This allows you to sit further back into your lifts and generate more power through your heels. Designed with functional fitness workouts such as CrossFit in mind, this lightweight, flexible shoe is also comfortable for running and doing explosive movements such as box jumps. Added bonus: the styling and colour will make you look like you successfully burgled the Batcave.

£150 [inov-8.com](http://inov-8.com)



Words: Max Anderton Photography: Danny Bird



"Wellman® Skin Technology keeps my skin refreshed, energised and protected."



**James  
Anderson**

England's No. 1  
wicket taker of all time\*

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anti-ageing  
moisturiser



under eye  
serum



facial scrub



face wash

**VITABIOTICS**  
SCIENCE OF HEALTHY LIVING

Available from larger Boots stores, subject to availability. \*England's all time highest international wicket-taker; 343 test wickets correct at 23 May 2014. Source: www.jamesanderson613.com.



## 5 TISSOT CHEMIN DES TOURELLES

£1,295 [tissot.ch](http://tissot.ch)

Marvel at the intricate, beautiful workings of this watch named after the Swiss street where the Tissot factory was built in 1907.

## 6 PANERAI LUMINOR MARINA AUTOMATIC

£5,100

[thewatchgallery.com](http://thewatchgallery.com)  
An alligator leather strap, glare-proof face and water-resistant to 300m. No wonder it's Stallone's favourite watch brand.

2

5

4

7

6

3

# Wristy business

Got time for the finer things in life? We pick the best new luxury watches

## 1 VICTORINOX ALLIANCE MECHANICAL

£580 [victorinox.com](http://victorinox.com)  
Triple-coated sapphire crystal will keep this timepiece looking good as new for years.

## 2 HAMILTON RAILROAD AUTO CHRONO

£1,460

[hamiltonwatch.com](http://hamiltonwatch.com)  
Brushed steel and plush leather combine to create a classic yet modern look.

## 3 VIVIENNE WESTWOOD CAMDEN LOCK II

£315

[viviennewestwood.com](http://viviennewestwood.com)  
A tasteful blend of soft leather, black and gold from Westwood.

## 4 OMEGA DE VILLE PRESTIGE CO-AXIAL

£2,280

[omegawatches.com](http://omegawatches.com)  
Plated with rhodium, one of the world's rarest and most valuable metals.

## 7 ORIS ARTELIER JUMPING HOUR

£2,850 [oris.ch](http://oris.ch)


Tradition meets innovation in a watch that ditches the hour hand, using a digital jumping disc instead.





**nite** |   
WATCHES

[www.nitewatches.com](http://www.nitewatches.com)

 /nitewatches

 TRUSTPILOT  


Model shown:  
MX10-100S



## Code of the peaks

Teched-out accessories to take on the slopes this winter

**1 Oakley Airwave 1.5**

£520  
[uk.oakley.com](http://uk.oakley.com)  
 These goggles have a heads-up display that uses GPS and onboard sensors to show your speed, altitude, airtime and height, and even piste maps.

**2 POC Spine VPD**

£200  
[pocsports.com](http://pocsports.com)  
 This armour is super-light and, although you'll resemble an NFL player, it's incredibly flexible so it won't restrict your movements when you spin off jumps.

**3 Therm-ic Powerglove IC 1300**

£200  
[theski-shop.co.uk](http://theski-shop.co.uk)  
 The Powerglove heats your hands electronically for up to ten hours to keep your grip secure and painful frostbite firmly at bay.

**4 Salomon Quest**

£135  
[salomon.com](http://salomon.com)  
 Finding a helmet that fits perfectly can be tricky, but the Quest uses an inflatable inner liner to ensure it's comfortable no matter how lumpy your noggin is.

**5 Burton [ak] 31L**

£140  
[gb.burton.com](http://gb.burton.com)  
 Developed by mountain guides, this pack with a hydration bladder, secure strap and shovel pocket can handle any tough backcountry environments.

**6 Burton Ion**

£300  
[gb.burton.com](http://gb.burton.com)  
 This snowboard boot is as comfy as a trainer and has a foil liner and wicking material to keep feet warm but not sweaty. Its red wing leather will last for ages too.



FROM THE MAKERS OF **Men's Fitness**



# PERSONAL TRAINER



**PERSONAL TRAINER** is an all-new workout magazine packed with innovative and effective fitness programmes from the UK's best personal trainers. It's the no-fluff route to getting buff.

- 30 workouts from the UK's leading personal trainers
- Cutting-edge exercises that will spice up your training
- Straightforward, easy-to-follow programmes and workouts to help you build muscle and burn fat
- Step-by-step form guides to ensure you perform moves correctly and avoid injury

**AVAILABLE AT ALL GOOD NEWSAGENTS • JUST £4.99**

# Best buds

Use music to power through the toughest runs and hardest gym workouts with our pick of the best sports earphones

## 1 Jabra Sport Pulse Wireless

£200 [jabra.co.uk](http://jabra.co.uk)

The world's first combined earphone and heart rate monitor measures your pulse from inside your ears and provides live coaching depending on your training goals. Its Dolby sound is decent, if a little flat when listening to bass-heavy beats.

## 2 Bose SoundSport

£130 [bose.co.uk](http://bose.co.uk)

This pair has the best sound quality of the earphones tested and is also the cheapest. It's not Bluetooth-compatible, but don't let that put you off - the rubber wingtips fit flush in your ear without slipping and the cord can be shortened to stop it getting in the way too much.

## 3 Beats By Dre Powerbeats<sup>2</sup>

£170 [uk.beatsbydre.com](http://uk.beatsbydre.com)

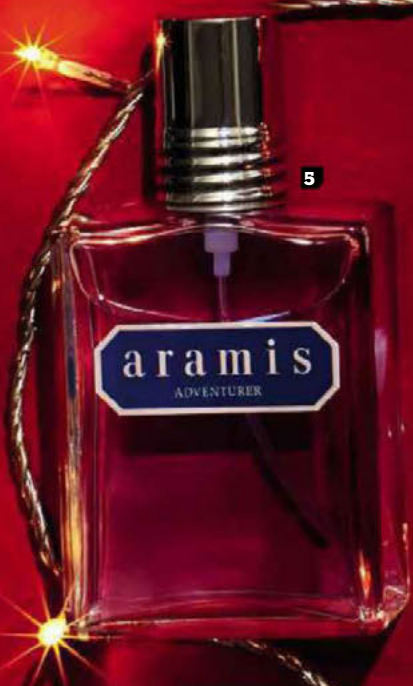
Designed with the help of basketball superstar LeBron James, these are sweatproof and have a six-hour battery life. The ear hooks aren't pretty, but they do the job of holding each earbud firmly in place to let you get the full effect of their booming bass.





# The 12 scents of Christmas

On the first day of Christmas  
my true love gave to me...



**1** Viktor & Rolf Spicebomb  
£47.50 for 50ml [boots.com](http://boots.com)  
Dominant scent Luxurious saffron

**2** Yardley Citrus Wood  
£20 for 50ml [yardleylondon.co.uk](http://yardleylondon.co.uk)  
Dominant scent Spicy pepper

**3** Valentino Uomo  
£46 for 50ml [harrods.com](http://harrods.com)  
Dominant scent Refreshing coffee

**4** L'Occitane Ambre & Santal  
£49 for 75ml [uk.loccitane.com](http://uk.loccitane.com)  
Dominant scent Light vanilla

**5** Aramis Adventurer  
£38.50 for 60ml [theperfumeshop.com](http://theperfumeshop.com)  
Dominant scent Sharp citron

**6** Creed Aberdeen Lavender  
£165 for 100ml [creedfragrances.co.uk](http://creedfragrances.co.uk)  
Dominant scent Soothing lavender





7



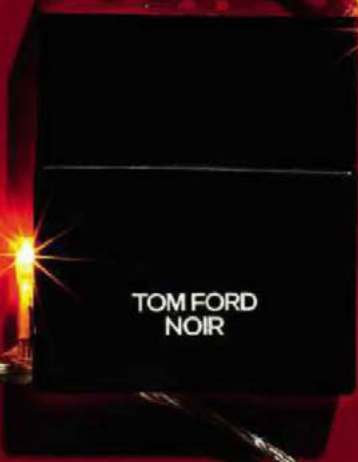
8



9



10



11



12

**7 Calvin Klein Euphoria Gold**  
£38 for 50ml [fragrancedirect.co.uk](http://fragrancedirect.co.uk)  
*Dominant scent* Fresh ginger

**8 BOSS Bottled Night**  
£55 for 100ml [hugoboss.com](http://hugoboss.com)  
*Dominant scent* Warm cardamom

**9 Jimmy Choo MAN**  
£42 for 50ml [debenhams.com](http://debenhams.com)  
*Dominant scent* Fruity melon

**10 Atelier Cologne Santal Carmin**  
£117 for 100ml [ateliercologne.eu](http://ateliercologne.eu)  
*Dominant scent* Rustic sandalwood

**11 Tom Ford Noir**  
£50 for 50ml [johnlewis.com](http://johnlewis.com)  
*Dominant scent* Festive nutmeg

**12 Shay & Blue Salt Caramel**  
£55 for 100ml [shayandblue.com](http://shayandblue.com)  
*Dominant scent* Rich caramel





# ACTOR

# GEMMA ATKINSON

**She's left modelling and *Hollyoaks* behind for theatre and primetime - but her passion is fitness, and her training regime puts yours to shame**

## When did you start taking fitness seriously?

Fitness has always been part of my life. I used to run for Manchester girls' athletics team doing the 100m and the 4x400m. My dream was to be an athlete, but then I got cast in *Hollyoaks* and training took a back seat. When I left the show I had more time to exercise and I've been getting in better shape ever since.

## Do you find it difficult to fit training around filming schedules?

I do at least an hour of training six days a week, no matter what. It's great to feel body confident, but the health benefits are most important: I have more energy and focus in the day, I learn scripts easier, and I sleep better. I recently started lifting weights and after four or five months I can't imagine training without them.

## Some women don't like the idea of strength training. What made you get into it?

My boyfriend's a personal trainer. When he first suggested lifting weights I said, 'That's not going to happen. I don't want to look like a dude!' He laughed and explained it wasn't anything to worry about because women

don't have the testosterone levels men do. That means there's no way we can physically get that big unless we take crazy supplements. Some women don't seem to realise how good weight training is for burning fat and just how satisfying it is feeling strong. I love walking into the gym, heading straight to the weights section and having all the guys look over as if to say, 'Oh, here we go, she's going to make a prat of herself' and surprising them.

## You also train Muay Thai. What attracted you to that?

As a kid I was obsessed with the films *Kickboxer* and *Bloodsport* and I wanted to do kickboxing but my mum wouldn't let me because she'd heard horror stories. She was going to let me do straight boxing but I said, 'No, I want to be Jean-Claude van Damme. It has to be kickboxing.' She was adamant I couldn't and enrolled me at the local hockey club. So Muay Thai had to wait until I was too old for my mum to have a say! For five years now I've been doing two sessions a week at Bolton Thai Boxing near my home in Bury. It's not only great for self-defence - it also gives me a good engine. I know all athletes train hard but I think there's something special about the Thai boxing mentality. It's

painful and gruelling but that's what makes it so rewarding.

## Have you had a Muay Thai bout?

I've sparred but never had a proper fight. I was talking about doing one for a charity thing, but I was under contract with the BBC for *Casualty* at the time and there's no way they would have let me. I went to Thailand to watch fights and train over there, and it's on a completely different level. The guy gave me a weighted skipping rope and said, '30 minutes, go warm up.' A 30-bloody-minute warm-up! It ended up being a two-hour session and the day after I was ill because I'd completely burnt myself out.

## Have you ever thought about doing an action film?

I'm filming something in LA [the upcoming movie *Fembot*] that requires kickboxing, which is amazing. It's great to do a role where training is part of the preparation. I loved watching Ronda Rousey in *The Expendables 3* and I've just heard they're doing an all-female version - teaming up with her to kick some bad-guy butt would be incredible.

**Gemma Atkinson is a brand ambassador for USA Pro ([store.usapro.co.uk](http://store.usapro.co.uk))**

## TRAIN LIKE A GIRL

Atkinson combines bodyweight and free weight exercises with her Muay Thai training to keep in fighting shape



### DUMBBELL MILITARY PRESS

'Doing this with dumbbells rather than a barbell ensures that both arms do the same amount of work,' says Atkinson. 'Because you do it standing up with your feet together, it's tough on your core too.'

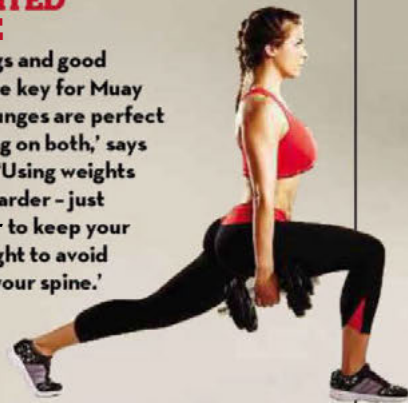
### DUMBBELL PRESS-UP

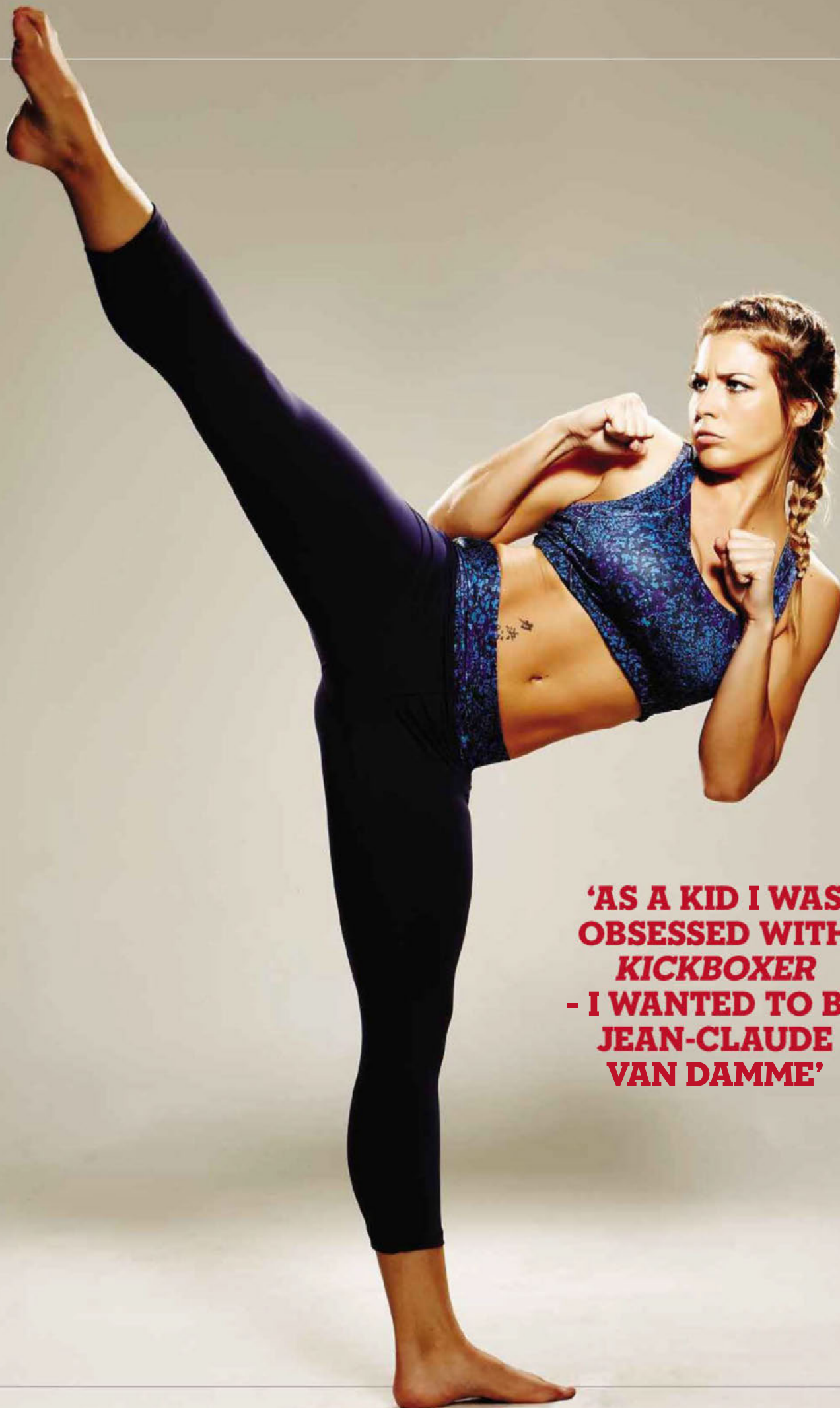
'It's much harder for women to do proper press-ups, but I was determined to learn and now I can smash them out,' says Atkinson. 'The best thing is you can do them absolutely anywhere. And doing them on dumbbells creates instability - great for your abs.'



### WEIGHTED LUNGE

'Strong legs and good balance are key for Muay Thai and lunges are perfect for working on both,' says Atkinson. 'Using weights makes it harder - just remember to keep your back straight to avoid stressing your spine.'





**'AS A KID I WAS  
OBSESSED WITH  
KICKBOXER  
- I WANTED TO BE  
JEAN-CLAUDE  
VAN DAMME'**





[bedhead.com](http://bedhead.com)

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# FROM BOYS TO (Bed Head For) MEN

Comes a time when men call back instead  
of hanging up, when we would rather have  
respect than attention.

When we would rather style than just gel.

New Bed Head For Men is the stylish  
alternative for men(not boys).



Available in professional  
hairdressing salons and barbers.





Smith recommends mixing up rep ranges to maximise strength and muscle benefits

## MF MUSCLE EXPERT

# Can powerlifting help me build muscle?

Done correctly, the three big lifts can help you gain mass as well as making you stronger

Chad Wesley Smith holds the American record for squatting - 905lb (410kg) in the 308lb (140kg) class, both 'raw' and with wraps - and has won US national titles as a shot putter and strongman. He is the founder of Juggernaut Training Systems and has trained numerous NFL players and Olympic athletes.

**H**ave you ever seen someone who could deadlift, squat and bench huge weights who wasn't muscular? Of course not! Adding weight to the bar is a simple way to provide your body with more stimuli to adapt and grow muscle.

### Prepare to fail

Powerlifters often get caught in the trap of just doing sets of one to three reps, and miss out on muscle and strength gains brought on by mixing up rep ranges.



Working to failure with a certain weight in each of the three moves is a simple and effective way to increase your training volume because you'll bash out a high number of reps and keep your muscles under tension for longer as you start to grind out the last few. This forces your body to adapt by growing bigger, stronger muscles.

Most people still seem to think that if you want big biceps you should do endless curls with light weights. But all that's good for is

tendinitis. To build the maximum amounts of dense, functional muscle, you should squat, bench and deadlift the maximum weight you can shift without compromising form in the six-to-ten rep range. This is the golden ticket as far as packing on muscle across your entire frame is concerned.

### Less is more

Training primarily with sub-maximal loads [weights lower than your one- or three-rep maxes] is also great for increasing your longevity as a lifter. If you're constantly pushing for a new one-rep max - even if you're varying the exercises - you're placing huge stresses on your central nervous system and joints, which can cause injury. Instead of working up to a three-rep max, which is probably about 92% of your one-rep max, try doing three sets or more of three reps at 85%. This lets you practise the lift more, complete more successful reps - building confidence - and stress your system less.

These are the main reasons why my training manual, *The Juggernaut Method 2.0*, features lots of max-rep sets and high volume. Going up to and beyond 50 reps during a single session in the squat, bench and deadlift is going to challenge your body to reach new levels of size and strength. Not only will this training volume help you pack on muscle, it will also build your technique and strength, allowing you to use more weight and provide your body with even more stimulus to grow and improve. **Chad Wesley Smith is conducting clinics in the UK and Ireland in 2015. Visit [jtsstrength.com](http://jtsstrength.com) and [@jgrnauttraining](https://twitter.com/jgrnauttraining) for dates and registration info**

## GIVE YOURSELF A LIFT

Add these assistance moves after the big three for size gains



### FRONT SQUAT

SETS 4 REPS 5

'Because you have to balance the bar on the front of your shoulders, you have to have perfect technique,' says Smith. 'That will have a knock-on effect on how well you perform when you come to do simpler back squats.'

### PAUSED BENCH

SETS 3 REPS 6

'Lower the bar to roughly 2cm off your chest, pause and focus on creating tension in your lats. This generates more power from the bottom position when you bench.'



### BENT-OVER ROW

SETS 4 REPS 8

'Bent-over rows improve your grip, lat and lower back strength, all of which are critical for heavy deadlifting.'



# THERE'S NOTHING LIKE FEELING FREE



Frederm. FOR SPOT-PRONE SKIN







Donovan has run - and won - several ultramarathons in polar conditions

## ME CARDIO EXPERT

# Can I train through the winter?

**Yes - find the right motivation and you can run and make gains all year round, says an endurance athlete who specialises in polar running**

**R**unner Richard Donovan has won several ultramarathons including the Antarctic 100km and is the first man to have completed a marathon-distance run to the North Pole. Donovan says that so long as you approach each run positively there's no reason the winter should consign you to the treadmill - or stop you getting faster.

I know it might sound odd, but I like running in extreme cold. I find the mix of environment and location appealing and I've done my fair share of running in seriously harsh conditions.

While it's not easy to motivate yourself to leave the warmth of your home and brave the elements, I promise you will adapt quickly and easily to almost any conditions. Bad weather tends to have its biggest impact on newer runners, because they're the most vulnerable to succumbing to an excuse not to run.

### Cold comfort

It's natural to worry about getting uncomfortably cold - but there's no need if you're wearing the right equipment. In fact, one of the ironies of running in the cold - even in polar conditions - is that you'll get too hot if you get your clothing wrong. In winter the layer closest to your body should have a wicking capability, to carry sweat away from your skin, and your outer layer should be wind-resistant and waterproof. Clothes with adjustable ventilation will help keep your temperature constant and stop you from overheating.



If you do decide to run on a treadmill instead of heading outdoors, it's not going to do you any harm. However, most people will run at a slower pace and it's much easier to get bored, which in turn will make you less motivated for the next session. Aside from that, I think being outdoors is a key part of the experience of running generally - a

change of environment to blow away your cobwebs and make you feel revitalised.

Novice runners might think they'll prefer treadmill running over bad weather running, but in my experience most people choose the outdoors after a few treadmill sessions.

### Embrace the elements

Much of the challenge of running in bad weather is psychological. As you become fitter you'll find your mental toughness increases. If you can get out there in the first place it will only become easier. You learn that the only obstacles to many tasks are in your mind, and that the biggest step in achieving something is usually the first one.

**Richard Donovan is a UVU ambassador (uvuracing.com)**

## BLOOD RUNS COLD Adapt to winter weather with this essential kit

### THE RIGHT SHOES

Even experienced runners can slip on snow. Minimise the risk of rolling your ankle by swapping your normal running shoes for trail shoes with the deepest lugs you can find.

### WEARABLE LIGHT

Reflective running gear isn't enough when visibility is poor. If you're running on the roads, wearing lights that cut through fog will allow traffic to see you and keep you safe.

### A FULLY-CHARGED PHONE

Bad weather changes terrain. If you fall or get lost, you'll need to contact someone.



Your choice of clothing can be crucial when running in extreme cold





# THREE CHAMPIONS ONE BIKE

HOW DID THE NEW TARMAC WIN 2 GRAND TOURS AND 16 GRAND TOUR STAGE VICTORIES AS WELL AS A WORLD CHAMPIONSHIP THIS YEAR? THANKS TO RIDER-FIRST ENGINEERED™ TECHNOLOGY, WHICH DEVELOPS EVERY SIZED FRAME INDEPENDENTLY BASED ON THE REAL WORLD STRESSES FROM RIDER INPUT. THAT MEANS VINCENZO NIBALI'S 56CM DESCENDS JUST AS EXPERTLY AS ALBERTO CONTADOR'S 54CM AND CLIMBS JUST AS SHARPLY AS RIGOBERTO URAN'S 52CM. 7 FRAMES, 1 OBJECTIVE. FIND OUT WHY THE WORLD'S BEST RIDERS ARE ALL CALLING THE NEW TARMAC "MY COMPLETE RACE BIKE." [SPECIALIZED.COM](http://SPECIALIZED.COM)





## Will learning to cook help me in the gym?

It needn't be hard and it'll improve your performance, says a top sports nutritionist

You've mastered the military press but making a simple omelette still eludes you. English Institute of Sport nutritionist Chris Rosimus, who works with the England cricket team, explains how to build confidence in the kitchen and why cooking will transform your fitness.

Cooking isn't at the top of the agenda for most of the England cricket team. Some players can't cook, others refuse, and most don't have much time to dedicate to it. My job as a nutritionist is to come up with solutions to ensure they look after themselves.

### Can't cook

People who can't cook tend to rely on convenience food. Although it might save time it will be detrimental to your health



because it's typically highly processed, high in saturated fat, low in good-quality protein and full of sodium preservatives.

That's why we encourage our players to fend for themselves. To help we give them a book of simple recipes - the ECB cookbook. We found that if we gave the players a simple recipe that took less than 30 minutes (see box) we'd get them interested. We also

remove fiddly measurements, and use recipes where they can add as much or as little of an ingredient as they want.

The biggest mistake people make is to overcomplicate things. It's like coaching. If you overload someone with a complex task they're likely to fail. It's better to keep things simple. Get some quick wins and you'll be motivated to keep going.

### Won't cook

If you hate cooking, a different approach will bring better results. Consider what you eat now. Decide what you can keep and what needs to change. Focus on one meal, such as breakfast, rather than trying to cook all your meals from the start.

Slaving over a cooker for hours is a turn-off but we've found that smoothies are a good way to get the players interested in preparing their own food. Our immunity-boosting blueberry and flaxseed smoothie is popular. Use as many blueberries as you want, 280ml milk, a scoop of vanilla whey protein and a tablespoonful of flaxseeds and blend it together. It's high in protein, antioxidants and vitamin C and can be made in a couple of minutes.

Learning something new takes time. Be patient and don't expect to get it 100% right every time. There'll be times when a meal will taste like crap but, like a raw fast bowler throwing down the occasional loose delivery, it's all part of the process.

**Chris Rosimus is performance nutritionist at the English Institute of Sport (eis2win.co.uk). England's tour of Sri Lanka begins on 26th November**

## KITCHEN CONFIDENCE

Pack in muscle-building protein and iron with Rosimus's easy recipe

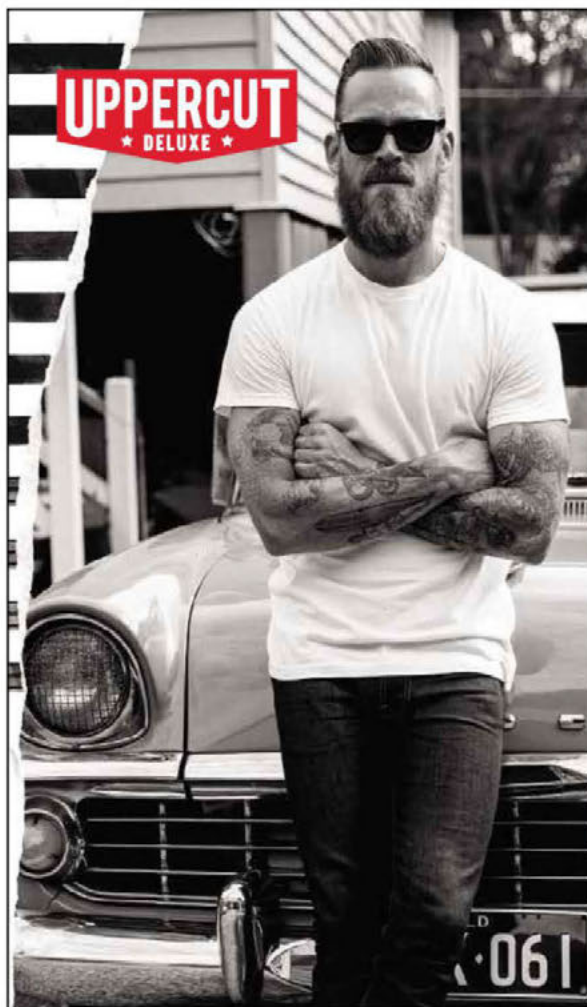
### INGREDIENTS (SERVES 2)

Soy sauce, to taste (as much as you like) / Honey, to taste (as much as you like) / 1 red chilli, chopped / 1.5cm ginger, grated / 2-3 chicken breasts / 1 pack of baby spinach / Extra virgin olive oil / Salt and pepper



### TO MAKE

- Place the chicken breasts in a baking dish.
- Mix the soy sauce, honey, chilli and ginger, then pour over the chicken and place in an oven heated to 180°C / gas mark 4 for 25 minutes.
- Drizzle the olive oil over the baby spinach and season.
- Remove the chicken from the oven and serve with the salad.



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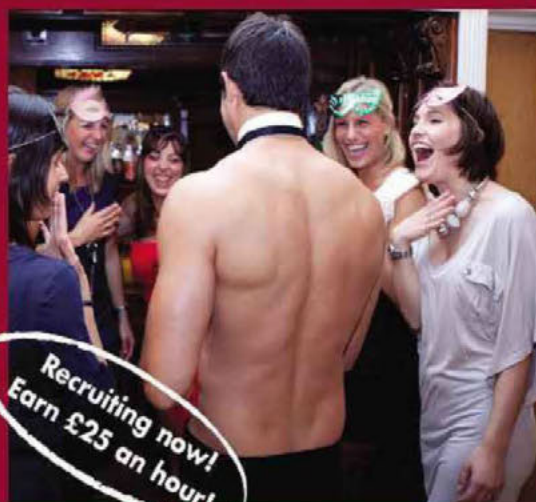
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Can CrossFit coaches teach you to perform complex moves safely?

## Is CrossFit going to injure me?

This month's experts debate whether CrossFit poses a high injury risk

### YES

says Andy McTaggart,  
health and fitness manager at  
Fitness First, Tottenham  
Court Road, London



### NO

says Jonny Landels,  
a level 2 CrossFit trainer at  
Reebok CrossFit Thames in  
London's Canary Wharf



I joined a CrossFit box this year because I was no longer playing rugby and wanted something that would challenge me. It's been fun and at times addictive. I'm naturally competitive and found that it drives me to train harder and lift heavier, but also to do it faster. And that's the problem.

Any physical activity poses an injury risk when it's not done correctly. If poor technique isn't corrected, you will get injured. And with CrossFit, which encourages you to complete strength or endurance exercises as fast as possible, it's too easy to sacrifice form in order to finish quicker.

Injuries will happen if you don't have a decent coach ensuring you're doing the exercises safely. Also, the programming for CrossFit can be complicated and if it's not well thought out you can develop

injuries by straining muscles through overtraining.

Moves such as box jumps, kipping pull-ups and Olympic lifts carry an increased risk of injury when they're done for time or at high speed. If you overtrain them you could end up with a strained rotator cuff or torn achilles tendon.

I've done classes where the coach is good at motivating people but isn't actually coaching - there's no correcting poor technique or helping people understand moves. This happens in regular gyms too, but CrossFit's emphasis on powering through workouts means it can be a recipe for disaster. I've met some great CrossFit coaches, but some are only good at geeing people up. Boxes need to be run by experienced coaches. A lot are, but there are too many that aren't.

[fitnessfirst.co.uk](http://fitnessfirst.co.uk)

**'IT'S TOO EASY TO SACRIFICE FORM FOR SPEED'**

First things first: any sport or exercise programme carries a risk of injury. Good CrossFit classes teach proper movement patterns to ensure your safety, and while there's a chance you could get hurt, it's less dangerous than sports such as football or rugby. At its core, CrossFit is about making you fitter, stronger and healthier. And it works - we have the data to prove it. Ask to see any CrossFit member's workout journal and you'll see their workout times go down and strength numbers rise.

It's the job of every coach to educate themselves on human movement. CrossFit involves loads of different exercises and it's vital that you're taught how to do each correctly. As a company, CrossFit offers coaching courses to equip trainers with the skills they need to run classes safely.

Some coaches may not be as good as others, but if you feel you're in danger of injuring yourself, raise it with the staff or find another box to train at.

Good CrossFit gyms offer programming that's been planned carefully by the head coach, and sessions are overseen by trainers to ensure people learn new movements and develop existing ones. Other gyms simply don't offer this level of instruction and care, unless you pay for PT sessions.

Yes, it can be easy to get caught up in a WOD, go all out and throw proper technique out of the window, but it's your responsibility to ensure that doesn't happen. If you're injured doing CrossFit it's likely to be your fault for getting sloppy or not listening to your body. Blame the practitioner, not the practice.

[crossfithames.com](http://crossfithames.com)

**'IF YOU'RE INJURED IT'S LIKELY TO BE YOUR FAULT'**



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\*\* 17.1% of drink drive accidents are between hours of 5am and 1pm (Source: Dept. for Transport, Road Accidents and Safety Annual Report 2010)

\* 4 Pints of Abbot Reserve contain 14.8 units of alcohol (Source: Greene King) and each unit takes 1 hour to leave the body (Source: NHS). Therefore 14.8 hours after 9pm the alcohol will have passed from the body.



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# THE FUTURE OF FITNESS

**Words** Mark Bailey  
**Photography** Danne Vivid



# 2015 ON THE HORIZON

**F**rom Samsung Gear and Google Glass to Fitbit and Misfit, the wearable tech industry is booming and we'll continue to see exciting advances in 2015. 'The digital health revolution born of the Quantified Self movement [which advocates the integration of technology and data into everyday life] is growing at an exponential rate,' says Dr Jack Kreindler, medical director of the Centre for Health and Human Performance. 'Not long ago this data was restricted to elite sport. Now we can buy products that give us this info from Amazon.'

We can also expect wider use of medical-grade wireless formats such as the Vital Connect HealthPatch and Zephyr BioPatch. 'The Vital Connect patch monitors heart rate variability, posture, respiratory rate and body temperature, allowing formula one-style biosensor telemetry in the form of simple throwaway plasters, which could help people's understanding of energy expenditure and recovery,' Kreindler says. 'Some companies claim we will soon even have infrared glucometry so you can measure glucose levels without a needle.'

## WEAR IT WELL

Smart technology will become more integrated into clothing. In summer 2015 SmartLife will release washable base layers and T-shirts that record heart rate and sweat data. 'Typically, sensors collect data from accelerometers that monitor how the human is moving - not from the body itself,' says Dr Ben McCarthy, chief technology officer at SmartLife. 'But these items will collect the actual biophysical data your body emits, including the electrical activity of your heart and your respiration rate.'

Devices will become more targeted too, such as Sensoria smart socks, which monitor your running cadence, footstrike and gait, and the Atlas - a wearable device that helps gym-goers maintain good form and log reps. 'It's programmed to recognise movement patterns,' says Atlas CEO Peter Li. 'Imagine painting a dot on a wristband then moving it around. Atlas maps the 3D trajectory of that dot and decodes all the noise to figure out what motion is being performed. First, we built a form database, so if you're not squatting deep enough or

throwing your back into a biceps curl, those errors can be corrected. Second, we can provide the option to flag up an injury, so as the community grows we can extrapolate data from people with bad knees or lower back pain and find the patterns responsible.'

## DESIGNER GENES

Personalised medicine and nutrition will also develop in 2015 thanks to lab tests available through companies such as Genova Diagnostics and Inside Tracker. 'A company called TheraNanos can identify 30 blood markers from a single droplet of blood in a few hours, which will interest those looking at the effects of supplements,' says Kreindler.

Many athletes will go deeper into their own genetics, with DNAFit already offering genetic tests for specific markers from just £99. 'Genetics can indicate how you should exercise and eat,' says Andrew Steele, a 400m runner and testing specialist at DNAFit. The genes it examines include ACTN3, which relates to power and fatigue, and ARG16/Gly, which identifies weight loss resistance. 'When we know your strengths, injury weaknesses and recovery responses, we can make bespoke interventions. For example, we can tailor reps and sets to your genetic strengths. With nutrigenetics we can find out an individual's sensitivity to fat and carbs, where they derive their energy from and what they should eat.'

## READY AND ABLE

Dr Kevin Currell, head of performance nutrition at the English Institute of Sport, believes it will be 50 to 60 years before genetic tests tell us what we really want to know, but he predicts an imminent expansion of healthy convenience foods. 'We could see a growth of healthy dehydrated foods, because these are already used to get quality food to travelling athletes.'

And to underline something *MF* readers have known for years, protein will be more widely recognised as an integral part of a healthy diet - according to Luke Heeney, new product director at Science In Sport. 'Protein will be used in new formats. I expect more protein drinks in shops and bottles with twist lids that drop powder into a liquid for an instant mix.'

## FUTURE PERFECT

The sci-fi-sounding innovations that will help your real-life fitness



### VESSYL

A smart cup that identifies and monitors the calories, sugar, protein, carbs and fat in every liquid you sip. [myvessyl.com](http://myvessyl.com)

### STEPSSS

Smart insoles give a live update on your running performance, foot strike and technique. [stepsss.co](http://stepsss.co)

### ATLAS

A wearable strap that assesses your muscle movements to optimise form. [atlaswearables.com](http://atlaswearables.com)







**BASIS PEAKWATCH**

This assessment system records sleep, heart rate and perspiration to help you improve your daily habits. [mybasis.com](http://mybasis.com)

**CUBII**

An under-desk pedal machine that helps you burn 120 calories an hour without hurting your knees. [fitnesscubed.com](http://fitnesscubed.com)



**CUE DEEP HEALTH TRACKER**

Use bodily fluids to track your levels of testosterone and other key biomarkers. [cue.me](http://cue.me)

**GYMWATCH**

Track the motion of your limbs to correct your form and help you calculate the right weight. [gymwatch.com](http://gymwatch.com)







#### THE DASH

Wireless headphones that track your movement, speed, heart rate, oxygen level and energy consumption. [bragi.com](http://bragi.com)



#### SMARTLIFE

T-shirts and vests that read your heart and breathing rate using sensors embedded in the fabric. [smartlife.co.uk](http://smartlife.co.uk)

#### UPRIGHT

A discreet 10cm-long patch that weighs just 30g and vibrates when you slouch to encourage better posture. [uprightpose.com](http://uprightpose.com)



#### SPIRE

This belt-mounted sensor detects your breathing patterns to help you increase focus and reduce stress. [spire.io](http://spire.io)



# 2018 THE NEXT BIG THING?

**W**ithin three years amateur athletes will have better access to data analysis tools such as the Adidas miCoach Smart Ball and the Sony Smart Tennis Sensor - an 8g device that records racket swing, ball spin and impact zones - to help improve skill acquisition.

The culture of physical training is likely to change too, with shorter, more targeted regimes becoming even more popular with hard-worked, time-poor people. 'Our understanding of how high-intensity resistance training can dramatically reduce the time needed to improve fitness, weight and body composition is growing,' says Kreindler. For example, training kit company Milon has created its Strength-Endurance Circuit using machine-based moves that supposedly deliver total-body training in just 17½ minutes. 'Milon's circuit has a remarkable effect in a small amount of time, allowing people to dela with far higher training loads.'

We can also anticipate a major expansion of virtual reality training systems. Professional F1 drivers, cyclists and skiers already use the technology to prepare for courses, but with ever-improving virtual reality systems from companies such as Zwift and TacX, everyman performance could increasingly be powered by virtual training.

## CELL MATES

Shipments of smart wearables are expected to grow from 9.7 million in 2013 to 135 million in 2018, according to CCS Insight, but we will see more advanced technology such as the Moxy Monitor, which uses infrared light to detect how much haemoglobin in the capillaries and cells of your muscles is saturated with oxygen, so you can gauge anaerobic and lactic acid thresholds to work your muscles effectively. 'With wearables it'll also be possible to track the electrical activity of muscles with an electromyogram (EMG),' says McCarthy. 'That means we'll know at what point you should come off the football pitch or who you should pass to based on their fatigue levels.'

New methods of collecting data will arrive too. Google and pharmaceutical company Novartis are working on a smart contact lens that monitors blood sugar levels, while American researchers are developing a 5cm² skin patch that contains 3,600 liquid crystals and can monitor temperature changes in the skin and blood flow. Thanks to the Qualcomm Tricorder XPrize, which is offering \$10 million (around £6.2 million) of prize money, we could soon see a *Star Trek*-style tricorder - a portable device that could diagnose melanoma, hypertension or glandular fever. 'In the near future we will see a digital tattoo being used to monitor your body,' says Kreindler.

Maneesh Juneja, a digital health futurist, believes the key issue is what to do with all the data. 'With the development of nanosensors, which can be injected, ingested or implanted under the skin, the average fitness enthusiast will know more about what is happening to them, in real time, than sports scientists knew five years ago,' he says. 'The disadvantage is "information obesity": do you need to know what is happening inside you on a real-time basis when you are doing sport?'

## FOOD FOR THOUGHT

The major nutritional development in the next three years will be a shift towards optimising physical adaptation. 'The latest research is about the interaction between what we eat and our training,' says Currell. 'We train to get fitter, build muscle and run marathons, so we'll focus on how nutrients amplify that adaptation. For the past ten years we've spoken about "fuel" and "recovery". The new language is "adaptation".'

Heeney believes there will be two other main hotbeds of research. 'We will see more use of nitrates, which dilate the blood vessels to help you use oxygen more efficiently, and more about the delivery of carbohydrates. We know how carbs work, but is there a better format of delivery that really moves the game on? That's the key.'

### MICROSOFT BAND

As well as the usual GPS tracking and heart rate monitoring, Microsoft's Band offers guided workout apps and a UV tracker that tells you when to apply sunscreen. [microsoft.com](http://microsoft.com)

### HEALBE GOBE

An automatic body manager that measures calorie intake through your skin without the need for manual data-logging. [healbe.com](http://healbe.com)



### SONY SMART TENNIS SENSOR

A microsensor attaches to your racket to monitor the spin, speed and impact zones of your shots so you can analyse your performance. [smarttennissensor.sony.net](http://smarttennissensor.sony.net)







# 2020 AND BEYOND THE FUTURE OF FITNESS

**B**y 2020 we will have witnessed further advances in food science, and new sources of protein could be possible. US start-up company Modern Meadow is examining the potential for 3D-printed meat created using cartridges filled with live cells, while non-profit organisation New Harvest is looking into cultured meat grown in a nutrient-rich broth in a bioreactor. Mark Post of the University of Maastricht in the Netherlands successfully developed a lab-grown burger last year. Meanwhile, Pat Brown, a molecular biologist at Stanford University, is developing a plant-based burger that's apparently indistinguishable from real meat.

We're also likely to see more tinkering with food. Wade Young, an associate professor of food science and human nutrition at the University of Florida, has been using pulsed light to deactivate the Ara h1-h3 proteins in peanuts, which trigger allergies, hinting at a host of potential health adaptations for other foods in the future. A team from Heriot-Watt University and the University of Edinburgh have been working on the use of natural proteins to replace fat and bypass the need for additives in foods, with a spin-off company, Nandi Proteins, now leading the research.

## TIME TO GET ILL

Major nutritional advances in the fitness world are likely to emerge from research in unrelated spheres. 'The use of beetroot juice in improving performance came from blood pressure research and there could be similar cross-overs in the future as most research money tends to be in disease and medical areas,' says Currell. 'Diabetes causes metabolic responses in muscles which are not too dissimilar to those experienced by elite athletes so there could be multiple uses.'

How we monitor food, medication and health could also change significantly. Digital health company Proteus has developed Helius, an ingestible microchip that's 1mm<sup>2</sup> - the size of a grain of sand - and can monitor how the body reacts to medication, rest and activity. New techniques could also be harnessed, such as using the chemical pattern of over 3,000 organic compounds on your breath to create a unique 'smell-print' that could track disease and health issues.

Dr Andrei Semikhodskii, a scientific advisory board member of DNAFit, believes that the cost of New Generation Sequencing (NGS) technology - which allows the complete sequencing of a human genome - will plummet by 2020. 'In five years' time the cost of NGS will be about \$1,000 [currently around £620] per human genome and most genetic analysis will be done using this technology,' he says. 'Genetic information thus obtained will then be stored in databases, and genetic trait association will be added to the description of the individual genome once reliable scientific information is available.'

Wearables will by now have expanded into new areas. 'They'll incorporate brain wave analysis through electroencephalography (EEG) or blink analysis through electro-oculography (EOG),' says McCarthy. Li expects Atlas to expand in a variety of directions. 'Our API is open so people can access the Atlas engine, test things and learn,' he says. 'It could be adapted for yoga, Pilates and swimming or for healthcare industries to monitor Alzheimer's or Parkinson's.'

## HOME COMFORTS

One thing that seems certain is that fitness should be easier to monitor and maintain by 2020. 'A major area is smart homes,' says Juneja. 'I went to a talk by the CEO of Samsung who explained how homes could offer you options. For example, if devices know you are going to run at lunchtime they could provide an optimised meal plan based on what is in your fridge. We can imagine household companion robots, which could entice people to stay fit without having an expensive PT whom introverted people might feel is judging them if they can't do enough sit-ups.'

But the future of fitness will ultimately come down to ethics and emotions as much as science and technology. 'If your home knows from sensors on or in you that you have consumed more calories at work today, would it lock the fridge door when you come home?' says Juneja. 'If a smart toilet analyses what you have eaten, would you be happy that by the time you get to the fridge it has sent a personalised meal plan based on that data? The big question is: even if it is technically plausible, is it desirable? Do you want a life governed by algorithms or emotions?' □



### PULSEON

By using an optical sensor in this wrist device, you can monitor your heart rate in any activity for an analysis of your daily exertions. [pulseon.fi](http://pulseon.fi)

### DARMA CUSHION

An 'inactivity tracker' cushion that records sitting time, body position and stress levels, and suggests stretches and breaks. [darma.co](http://darma.co)

### FOODINI

This 3D food-printer will allow you to craft anything from gnocchi to edible ornaments. [naturalmachines.com](http://naturalmachines.com)





# UNLEASH

*Animal Flow is a hybrid of creature-inspired movement, strength training*

Words Nick Hutchings

Photography Joel Anderson

**N**o-one finds squats aesthetically pleasing. Effective, yes, but crowds of people don't gather in the gym to marvel at the sight of a pair of thighs descending towards the ground. On the flip side, muscle-ups and butterfly pull-ups are impressive-looking feats but they're not much good for building functional fitness.

That's where Animal Flow comes in. This training system, invented by American coach Mike Fitch, is a combination of animal movement, strength training, Brazilian martial art capoeira and gymnastics. Mastering these arts demands beastly levels of strength and the grace and agility of a freerunner, so the result is both eye-catching and highly effective.

## WILD AND THREE

Each Animal Flow workout can be divided into segments. 'Form-specific stretches require you to pull your body slowly into shapes that improve mobility across your frame,' says UK Animal Flow master trainer Richard Scrivener, pictured demonstrating the moves. 'Activations are holds that improve stability, flexibility and isometric strength, while travelling forms are moving versions of these to challenge your body with strong, controlled movements.'

But it's the flows that demand the most of your body - and really make you look like a boss. 'These combine form-specific stretches, travelling forms and switches - where you move smoothly from one exercise to another,' says Scrivener. 'But Animal Flow isn't prescriptive - just add whatever bits you like to your workouts for more functionality and creativity.'

Train with Animal Flow and you'll not only be stronger, better co-ordinated and more acrobatic, but you'll look like you've learned to breakdance in slow motion. From a band of gorillas.





# THE BEAST

and martial arts. Tap into your inner beast and you'll get fitter and look amazing

## FORM-SPECIFIC STRETCHES



### 1 LOADED BEAST TO UNLOADED BEAST

REPS 6

Drop into a squat, then lean forward and stretch your hands out in front of you and look down. From the straight-arm position, drive through your feet, hips and hands to push your body forward, keeping your arms straight and lifting your head.



### 2 DEEP APE SQUAT REACH

REPS 6

Drop into a squat, then hinge at the hips and lower your torso until it's parallel to the floor, arms ahead of you with hands touching. Then raise your torso until it's vertical and stretch your arms out to either side, looking ahead and opening your chest.



### 3 SCORPION REACH

REPS 5 EACH SIDE

From the top of a press-up position, pull one knee to the opposite wrist, then back and up, with the toes of the other foot planted on the floor. As you lift your leg, open your hips and bend your leg so that it resembles the shape of a scorpion's stinger, pulling your head through your arms as you go.



### 4 CRAB REACH

REPS 5 EACH SIDE

Sit on the floor with your knees bent and your hands on the floor just behind your glutes. Lift one arm and position it between your legs. Push your hips up and pull your hand up and over. Arch your back as you go. When you feel a stretch in your hips, obliques, chest and back, return to the start.



### 5 BEAST FRONT STEP

REPS 5 EACH SIDE

From the loaded beast position, step one leg through and forward as if doing a lunge, raise your torso and pull the hand on the same side off the floor. Bend and pull your arm back as if about to throw something, looking ahead as you perform the move. Return to the start under control.

## HOW TO DO THIS WORKOUT

Start with five minutes of wrist rolls, arm swings, lunges and high knees to warm up, then perform rounds of form-specific stretches for ten minutes, with no rest between moves and a one-minute rest between rounds. Next, perform activations for ten minutes, again with no rest between moves and a one-minute rest between rounds. Repeat the format for the travelling forms, and then finally move on to the flow, performing it in one unbroken sequence. Rest for two minutes after you've completed the flow and repeat four more times.





## 1 TWO-POINT STATIC BEAST

REPS 5 EACH SIDE TIME 10SEC

Get down on all fours with your hands under your shoulders, knees just ahead of your hips and your back and head in a straight line. Lift one hand and the opposite knee just off the ground and hold the position.



## 2 TWO-POINT STATIC CRAB

REPS 5 EACH SIDE TIME 10SEC

Sit on the floor with your knees bent and your hands on the floor just behind your glutes. With your fingers and toes pointing out, lift your glutes off the floor. Then raise one hand and the opposite foot just off the floor and hold.



## 3 FRONT SUPPORT PLANK HOLD

REPS 5 TIME TO FAILURE

Get into the top position of a press-up with your hands shoulder-width apart. Lean forward on your arms until the top of your abs is in line with your hands and hardly any weight is on your feet. Keep your body straight throughout.



## 4 PLANK KNEE REACH

REPS 5 EACH SIDE

Get into the top position of a press-up, then pull one knee up and across your body until it touches your opposite wrist. Pause briefly and return to the start. Repeat on the other side.



## 5 BENT-ARM TUCK BALANCE

REPS 5 TIME TO FAILURE

Squat, placing your hands on the floor with fingers splayed and knees against your triceps. Lock your elbows in a bent position and tilt your body forward, raising your feet until you find the balance point with knees above your hands.



## 6 STRAIGHT-ARM TUCK BALANCE

REPS 5 TIME TO FAILURE

Squat, placing your hands on the floor with fingers splayed and knees against your triceps. Lock your elbows in an extended position and tilt your body forward, raising your feet until you find the balance point.



## 7 SUPPORTED HANDSTAND HOLD

TIME 30SEC, BUILDING TO 60SEC

Get into a squat with a wall or tree behind you and put your hands on the floor, shoulder-width apart. Walk your feet up the wall and your hands back until you're in a handstand position with your body vertical and pressed against the wall. Tense your body to maintain the position. When you feel you're starting to fail, walk your hands back out.



**'ACTIVATIONS  
IMPROVE STABILITY,  
FLEXIBILITY AND  
ISOMETRIC STRENGTH'**







**'TRAVELLING  
FORMS  
CHALLENGE  
YOUR BODY  
WITH STRONG,  
CONTROLLED  
MOVEMENTS'**



**TRAVELLING FORMS**



**1 SINGLE BEAST STEP**

REPS 10 EACH SIDE

Get into the static beast position (see p62). Move forwards slightly by stepping one arm and the opposite leg forward. Make small, controlled movements, keeping your back straight and head down, and return to the start position after each step to complete the rep. Repeat on the other side.



**2 TRAVELLING BEAST CRAWL**

REPS 3 DISTANCE 15M

Perform a single beast step, but rather than stepping back to the start position after each forward step, keep travelling in the same direction by bringing the other leg and foot forward.



**3 SINGLE CRAB STEP**

REPS 10 EACH SIDE

From the static crab position (see p62), move backwards slightly by stepping one hand and the opposite foot back, taking care to maintain the crab body shape. Return to the start and repeat on the other side, looking ahead throughout.



**4 TRAVELLING CRAB WALK**

REPS 3 DISTANCE 15M

Perform a single crab step, but rather than stepping back to the start position, continue to travel by bringing the other leg and foot back. Repeat until you've travelled the distance.



**5 LATERAL APE HAND LOAD**

REPS 10 EACH SIDE

From a squat position, place one hand on the ground between your legs and the other outside one leg. Shift your bodyweight onto your hands, letting your knees drop and keeping your arms straight. Push back through your hands to return to the start.



**6 LATERAL TRAVELLING APE**

DISTANCE 15M EACH DIRECTION

Perform a lateral ape hand load, but once you've taken the weight onto your arms, kick your legs up above your head in a loose tuck and let them travel down so your feet land behind your arms.



**7 FORWARD APE TUCK AND HOLD**

REPS 5 TIME TO FAILURE

Sink into a tuck on tiptoes. Reach forward so your hands are on the floor, arms straight. Raise your feet, allowing your shoulders to travel ahead of your hands and tucking your legs in. Find a balance point and hold it for as long as you can, then return to the start.



**8 FORWARD TRAVELLING APE**

REPS 3 DISTANCE 15M

Repeat the forward ape tuck and hold, but pull your legs a little further forward as you land and, on the next rep, reach your hands slightly further forward so you continue to travel forwards.



A full-page photograph of a very muscular man in a crouched, athletic pose in a forest at night. He is shirtless, wearing red shorts, and has a focused expression. The background is dark with blue lighting and a bright light source behind him, creating a dramatic effect. The text is overlaid in the top left corner.

**'YOU'LL BE  
STRONGER, BETTER  
CO-ORDINATED AND  
MORE ACROBATIC'**



**FLOW**



**1** Get into the static beast position (p62) and kick into the scorpion reach (p61) with one leg, then the other. Do six reps on each side.



**2** From there, lower back into static beast and perform the travelling beast crawl (p65) for 5m.



**3** Next, pull yourself into a squat, then rise up into the deep ape squat reach (p61) for three reps.



**4** Lower into the static crab position (p62), then travel backwards using the travelling crab walk (p65) for 5m.



**5** From there go into a crab reach (p61) with one hand, then the other. Do six reps each side.



**6** Perform two lateral travelling apes (p65) to the left, one forward travelling ape (p65), two lateral travelling apes to the right and one more forward travelling ape.



**7** From there, drop back into the loaded beast position (p61). Perform a left-sided beast front step (p61), then a right-sided beast front step, and finally return to the static beast, holding that position for 30 seconds. □



# FLU-PROOF IN 24 HOURS

*It's the season for it, but you can't afford to miss work or training. Attack bugs head-on, and stand firm while everyone else gets ill*

**F**irst things first: yes, you can still train. 'Exercise has been shown to be an important regulator of our immune cells and their functions within the body,' says clinical pharmacist Steve Riley. 'Some evidence also suggests that exercise stimulates a reaction in our immune system, especially in white blood cells, which contain the tools your body needs to fight off infection, such as antibodies and various proteins.'

But there's an important caveat. 'Both cell reactions seem to be dependent on intensity and duration of exercise,' Riley says. 'In fact, exercising to the point of exhaustion can decrease your immune competence. You need to do moderate exercise to boost your body's anti-infection powers.'

The message? If your colleagues are dropping like flies, a cheeky 5K at lunch is probably fine - smashing yourself into the ground with tough kettlebell circuits is not. But what else can you do? Fortunately, you don't need an alchemical cabinet of pills and potions - just a few simple tweaks to your existing day. Here's how to stay flu-proof and ready for anything.

## GO GREEN

Swap your English Breakfast for green tea - it contains catechins that have immunity-boosting effects. And, yes, there's a reason to add lemon. 'Viruses cannot survive in cells containing high levels of vitamin C,' says GP Dr Lucie Novak. So citrus yourself up.



## WASH YOUR HANDS

Of course - and furthermore, 'wipe down door handles and light switches,' says nutritionist Dr Sarah Brewer. 'Germs survive on plastics and cutlery for hours.' Can't flu-proof the whole office? 'A seawater nasal spray can also prevent infection,' she says.



## EAT MORE GARLIC

The pungent cloves contain ajoene, a substance that reduces inflammation. 'Garlic may also help increase your resistance to infection due to its antiseptic and anti-fungal properties,' says Riley.







## GET THE JAB

The belt-and-braces solution. 'If you aren't in an "at risk" group - probably the case if you're under 65 and healthy - you can still pay to get it at larger pharmacies,' says Novak. Asda offers the cheapest on the market this season, at a mere £7.



## GO FISH

'Oily fish such as salmon, mackerel, herring, sardines and pilchards contain essential fatty acids that help maintain healthy, flexible cell membranes,' says Brewer. 'This is especially important for helping immune cells respond to incoming signals. Oily fish are also a source of immunity-boosting vitamin D, which you can't get enough of from sunlight in winter.'



## EAT MUSHROOMS

'Many people are deficient in zinc, which is an issue because it plays an important part in the development and function of the body's infection-fighting white blood cells,' says Riley. Get it from mushrooms - most types give you some, but shiitake are the best bet with 7.66mg per 100g.



## DE-STRESS YOURSELF

'Stress hormones suppress immune cell activity,' says Brewer. 'So calm down.' Easier said than done, but a 'gratitude list' will help. Take five minutes to come up with a bullet-point list of things you're happy about, and watch the red mist drift away.



## DO TAI CHI

According to a study from the University of Illinois, tai chi can increase the effectiveness of a flu shot by increasing the antibodies produced - possibly because of the deep breathing and gentle movement involved. Start with the short yang form, which only takes 20 minutes. You'll find it online at [taichi-tuition.com](http://taichi-tuition.com).











# MUST-HAVES







## 2 Excursion Rolltop 37

£145 [chromeindustries.com](http://chromeindustries.com)

Cycling packs are hardly ever completely waterproof, especially when they've had a back-wheel power shower fired at them for 10km. That's not the case with this super-heavy-duty roll-top pack, which is tough enough to be guaranteed for life but light enough to be carried on long rides. The internal laptop and smartphone pockets keep your gear organised too.

## 1

### Tern VergeX20

£2,230 [paligap.cc](http://paligap.cc)

Stylish, fast and light are not typically words you'd associate with folding bikes, but a new breed is starting to change that. Tern's VergeX20 weighs just 9.3kg and avoids the issue some folding bikes have with excessive flexibility by converting the rear of the bike into a three-dimensional truss for greater stiffness. You can easily fold or unfold the bike in around ten seconds, and its smooth, rapid ride approaches what you'd expect from a standard road bike.

**CARDIO**  
Get faster and fitter in 2015  
with the help of this hi-tech  
training gear



## 3 Garmin Vector

£1,199 [garmin.com](http://garmin.com)  
Power monitoring is the true measure of performance. The Vector - which fits on your pedals - is easy to set up and use and monitors both legs independently.



## 4 Hoka One One Conquest

£138 [hokaoneone.eu](http://hokaoneone.eu)  
This shoe has twice the cushioning of a regular running shoe - but that doesn't mean a spongy ride. Hoka's 'bucket seat' system for the heel and midfoot allows for precision striking.



## 5 ChromaPop Wayward

£130 [smithoptics.com](http://smithoptics.com)  
Smith Optics' ChromaPop lenses block light colour wave intersections as they pass through, optimising the colour and clarity of what you're seeing.



## 6 ICEdot Crash Sensor

£74 [icedot.org](http://icedot.org)  
Before you head out on a solo bike ride, mount this crash sensor to your helmet and sync it with your phone. It can sense when you've crashed and send out an alarm with GPS reference.



## 7 Jaybird Reign

£125 [jaybirdsport.com](http://jaybirdsport.com)  
The Reign tracks everything, from your activity to your sleep, and tells you when your body is primed for training. It syncs with your smartphone and is waterproof and robust.





## 8 Tentsile Stingray

£465 [tentsile.com](http://tentsile.com)

Fed up with sleeping on lumpy ground when camping? You could always pitch up in the trees. We're serious – the Stingray is a three-person tent (oh go on, portable tree house) that can be suspended between trees. The removable fly sheet exposes a mesh roof for ventilation – and fantastic views.



## 9 Soldier 7800 Power Bank

£55 [digitaltreasures.com](http://digitaltreasures.com)

This waterproof, impact-resistant power pack will keep your gadgets alive in the wilderness. The unit can survive under a metre of water for up to 30 minutes, and the LED torch means you always have light.

**OUTDOOR**  
Wherever your training takes you, this kit will protect you from the elements and keep you on the right track to achieving your goals



## 10 VSSL Supplies

£55 [vsslgear.com](http://vsslgear.com)

Survival situations are rare, and while you don't want to be unprepared, you also don't want to carry a load of emergency gear you probably won't use. The VSSL kit includes everything you need to set a fire, trap food, purify water, perform first aid and other essentials – all in a 20cm-long, 510g waterproof pack, and it also doubles as a torch.



## 11 BioLite CampStove

£80 [biolitestove.com](http://biolitestove.com)

This nifty cooker uses wood as fuel and converts some of the heat into electricity so you can charge your gadgets.

## 12 The North Face Thermoball

£170 [thenorthface.co.uk](http://thenorthface.co.uk)

This jacket's synthetic filling provides the warmth of 600 fill power goose down even when soaking wet.



## 13 Arc'teryx Gamma AR

£135 [arcteryx.com](http://arcteryx.com)

These alpine trekking and climbing trousers are abrasion-resistant, with a soft brushed inner face so you can wear them with or without a base layer depending on the conditions. They're breathable and resistant to wind and moisture, so you should stay comfortable in any weather.

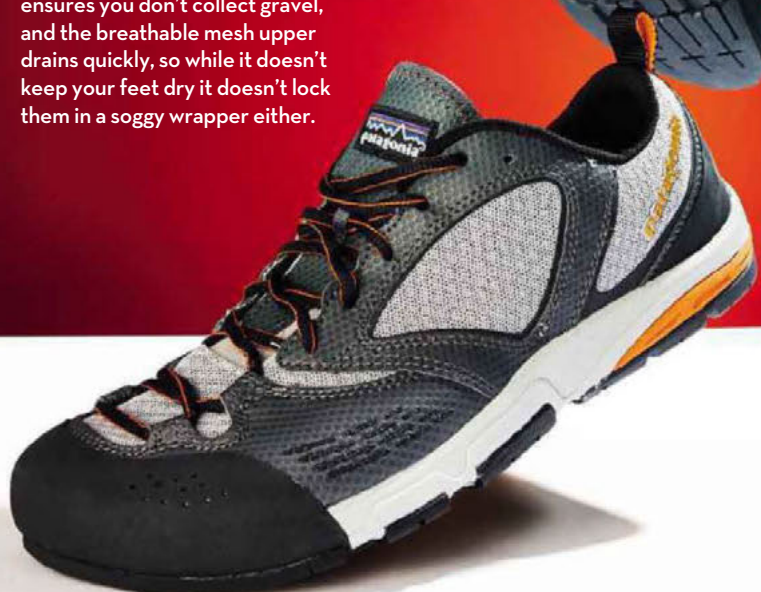


# 14

## Patagonia Rover

£75 [patagonia.com](http://patagonia.com)

The Patagonia Rover is a light and extremely versatile approach shoe with a tough rubber outsole and features suited to trail running and climbing. The soft-flexing 4mm-drop midsole allows for a natural footstrike, while heel cushioning soaks up running impacts and a 0.8mm forefoot plate protects against sharp rocks. A gusseted tongue ensures you don't collect gravel, and the breathable mesh upper drains quickly, so while it doesn't keep your feet dry it doesn't lock them in a soggy wrapper either.





# GYM

Enhance your gym sessions and boost your results with the most advanced training kit around

## 15 Under Armour ClutchFit Half Sleeve

£65 [underarmour.co.uk](http://underarmour.co.uk)

Acting like a second skin, this compression top moulds to your body shape as you move around the gym, giving support without feeling restrictive. The mesh structure disperses body heat and the nylon/elastane material wicks away sweat, while anti-odour treatment ensures there are no nasty niffs during long workouts.



## 16

### 6 Pack Fitness Pursuit 500

£120 [sixpackbags.com](http://sixpackbags.com)

With its many compartments, this is a veritable Orient Express of backpacks. As well as room for your gym clothing, laptop and notebooks, it has three insulated gel packs (two small, one large) to keep food fresh and five leak-proof slide-out meal containers to allow even the most calorie-depleted gym-goer to refuel. There are zippered pockets for supplements or cutlery, two mesh pockets for water bottles and an external cord for shoes or wet towels. The padded straps make for a comfortable ride, even when the backpack is fully loaded. It's fairly compact at 28cm by 23cm by 48cm, weighs 3.5kg when empty and comes in four colour schemes.



## 17 Merrell Vapor Glove

£70 [merrell.com](http://merrell.com)

When lifting weights you need a low-profile shoe that keeps your centre of gravity close to the ground. Merrell's Vapor Glove 2 gives you a solid base for even the most explosive lifts. It's suitable for running, too, provided you're comfortable with the 'barefoot' style of midfoot rather than heel striking.



## 18 Lululemon Pace Breaker

£58 [lululemon.co.uk](http://lululemon.co.uk)

The outer fabric of these shorts stretches, breathes and wicks away sweat. An inner liner holds your valuables in place, and there's a zipped pocket for your less valuable valuables.



## 19 Cyclone Cup 20oz

£10

[trustedprosupplements.co.uk](http://trustedprosupplements.co.uk)

This cup's Cyclone mixing system can deal with any ingredient you need. It's leak-proof and has a capsule at the base to store your powders.



## 20 Fitness-MAD Vari-Massage

£30 [fitness-mad.com](http://fitness-mad.com)

This tough foam roller has different patterns to vary the intensity of the massage, and it won't lose its shape.



## 21 Earin

£159 [earin.com](http://earin.com)

Ruined another pair of earphones by damaging the wires? Then the Earin wireless earphones are for you - the tiny earbuds are completely cordless. The two separate buds operate as one unit and come in a carry case that doubles as a charger, which should mean it's harder to lose one or other of them.





## 22 Picture Organic Hubber

£90 [picture-organic.com](http://picture-organic.com)  
The Hubber helmet from hip French brand Picture Organic has impeccable eco-credentials: the shell is made of corn, the polystyrene is reclaimed from Japanese car dashboards and the straps are 100% organic. Oh, and it protects your bonce.



## 23 McNair Virgin Merino Mountain

£335 [mcnairshirt.com](http://mcnairshirt.com)  
McNair's mountain shirt is waterproof and protective enough to replace an outer shell on all but the coldest days.



## 24 Finisterre Eddy

£50 [finisterreuk.com](http://finisterreuk.com)  
Merino wool is the best material for a base layer. The Eddy has an anti-bacterial coating, so it'll keep you fresh as well as warm.

## 25 BC Link Walkie Talkie

£150 [backcountryaccess.com](http://backcountryaccess.com)  
The humble walkie talkie is still the most effective way to stay in contact while on the hill. BC Link's units have a range of 4km and a 140-hour battery life.



## 26 Ride Protection Airbag 22L

£610 [snowboard-asylum.com](http://snowboard-asylum.com)  
This innovative system allows you to deploy an airbag in case of an avalanche. If all goes well, it should keep you on top of the debris and minimise trauma. Not cheap, but worth every penny.

## 27 Burton SLX

£420 [burton.com](http://burton.com)  
Burton's top-spec snowboard boot offers hitherto unheard-of levels of lightness, flexibility and warmth, and its Infinite Ride 5 liner with DRYRIDE Hyperwick mesh pulls moisture away from your feet.



# WINTER SPORTS

*If you're heading for the slopes this winter, stay warm, safe and stylish with this hi-tech gear*



## 28

### Jones Solution Carbon

£975 [thesnowboard-asylum.com](http://thesnowboard-asylum.com)  
Splitboarding involves a special snowboard that divides into touring skis, so you can ski-hike into the backcountry and take on untracked powder runs. The carbon topsheet on this provides a responsive and stiff ride, while the new core used in the 2015 model shaves 500g off the board's total weight.





## 29 Big Battlestar

£43 [roguefitness.com](http://roguefitness.com)

Foam rollers are fine tools, but in 2015 the mobility buzzphrase will be 'tissue shearing' - smashing your squat-added glutes into better shape from a variety of angles. The Battlestar is made of firm-gripping urethane to do just that - and it comes with a brace of handles for improved rehab.



## 30 Plyosoft Box

£1,750 for 3  
[escapefitness.com](http://escapefitness.com)

These stackable plyo boxes are light and sturdy, making them easy to chuck in your car and take wherever you want. The surface is covered in urethane so you won't slip, and because it's soft you won't smash up your shins if you misjudge a jump.

## 31 66fit Weighted Speed Jump Rope

£17 [66fit.com](http://66fit.com)

The 66fit skipping rope uses steel cabling to spread the 680g weight, ensuring your arms and shoulders get a tougher workout. Durable PVC covers the 280cm-long cable to allow damage-free indoor use.



# HOME GYM

**Equip your house (or shed or garage) with everything you need to get in tip-top shape**



# 32

**AirFit**

£1,490 [stairmaster.com](http://stairmaster.com)

The AirDyne is making a comeback thanks to the gigantic cardio wallop it packs. The AirFit is the upgraded version, offering extra robustness (so it won't break during a thrashing) and improved computer options to see just how many calories you can burn in a minute. Approach with caution.



## 33 Dynepic Sports Spiral Strength

£37 [roguefitness.com](http://roguefitness.com)

Few gyms have the kit for neutral grip chin-ups, so set it up at home. These attach to most bars, allowing you to work under-utilised muscle groups and not worry about sore joints.



## 36 Rogue Parallettes

£54 [roguefitness.com](http://roguefitness.com)

Parallettes are perfect for anyone who wants to improve their strength, co-ordination or balance. The Rogue parallettes won't shift under pressure and can support serious weight.

## 34 Powerwave

£70

[powerwave.tv](http://powerwave.tv)

The Bulgarian bag has evolved into this multi-handled beast, which provides a serious centrifugal-force-powered workout.



## 35 Drift

£80

[quirky.com](http://quirky.com)

Tweak the Drift's balance mechanism to emulate skiing, surfing, snowboarding or any other sport you can do with a plank.





# 37

**Moxie Showerhead and wireless speaker**  
£179 [kohler.co.uk](http://kohler.co.uk)  
Whatever you choose to croon to in the shower, make sure it's loud. This clever showerhead and wireless speaker combo links via Bluetooth to any enabled device up to 10m away and gives you the ultimate backing band for a watery vocal solo. An on-off button controls the music, while your Bluetooth device controls the volume.



## STYLE

*Put together the best-equipped bathroom cabinet in the world and you'll look your best every day with very little effort*



**38 Philips Sonicare AirFloss Interdental**  
£120 [philips.co.uk](http://philips.co.uk)  
Flossing is important for gum health, but unpleasant and time-consuming. This device takes care of it – it's easy to fill and manoeuvre, and does the job in 30 seconds.



**39 Wahl Lithium Ion Power Clipper**  
£60 [wahlglobal.com](http://wahlglobal.com)  
Your barber would be chuffed with this. A one-hour charge gives two hours of clipping, and there's a rapid charge if you need a haircut in a hurry.



**40 Simplehuman 20cm Sensor**  
£150 [simplehuman.com](http://simplehuman.com)  
Revolutionise your morning shave with this mirror. It lights up as you bring your face close, it's cordless and it magnifies five times for a precise shave.



**41 Braun Series 7 790cc-4**  
£200 [braun.com](http://braun.com)  
This shaver vibrates 10,000 times with every stroke. You can switch between Normal, Intensive and Extra Sensitive modes, and a movable head adjusts to your facial contours.



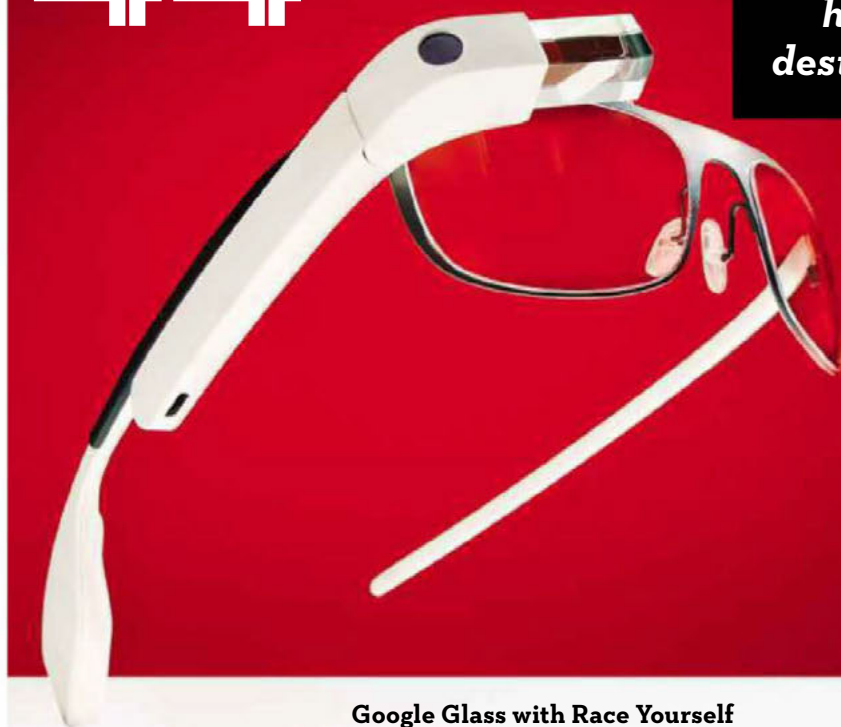
**42 Remington NE3750 Nano Series Lithium**  
£10.49 [uk.remington-europe.com](http://uk.remington-europe.com)  
Banish hair from your nostrils and earholes with this Remington clipper and its range of attachments.



**43 no!no! Skin Professional Acne Clearance**  
£132 [my-no-no.com](http://my-no-no.com)  
This device zaps acne at source. Place it on a zit and press the button. The light and heat attack the bacteria and soothe the inflammation.



44



#### Google Glass with Race Yourself

£1,000 [raceyourself.com](http://raceyourself.com)

Turn your training into a game with the face-mounted Google Glass computer and Race Yourself app, which overlays a real-world view with graphics and stats for your time, speed and distance so you can compare performances on the same route.

## TECH

Stay ahead of the game with hardware and software designed to get you super-fit

#### 45 GoPro Hero 4

£370 [gopro.com](http://gopro.com)

The adrenaline junkie's video camera of choice now has four times the resolution of regular HD, 40m water resistance and Wi-Fi connectivity for easy transfers. It's got superior low-light performance for night-time shots, and there's a time lapse mode to auto-fire the shutter at set intervals for hands-free use.



#### 46 Withings Aura

£259 [expansys.com](http://expansys.com)

Put the mat beneath your mattress and the light by your bed, then hook them up to an iPhone app. Aura uses red light waves to help you drift off, monitors your sleep and wakes you up at the optimal moment, so you should wake up fully refreshed and raring to go.



#### 47 Zwift

Around £6 a month  
[zwift.com](http://zwift.com)

Using an ANT+ sensor on your indoor bike and a dongle on your PC, Zwift lets you race other cyclists online. You'll see them as onscreen competitors, and you can even simulate wind and road terrain.

#### 50 Apple Watch Sport

\$349 (UK price TBC; shipping early 2015) [apple.com/uk/watch](http://apple.com/uk/watch)

The Sport edition of Apple's watch is 30% lighter than the standard one and measures your daily activity. Fitness apps feed you suggested goals, live stats for calorie burn, distance and pace, and reminds you to get moving after periods of inactivity. □



#### 48 Push Strength

£117  
[pushstrength.com](http://pushstrength.com)

The PUSH armband transmits real data - including power, velocity, force and tempo - to record stats on every part of your gym workout.



#### 49 Hexo Skin Starter

Around £248  
[hexoskin.com](http://hexoskin.com)

This smart shirt streams biometric data to the net so that you can keep track of a raft of fitness metrics.



# MY 6% BODY FAT



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- Tim Howard



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Words Matt Huckle Illustrations Sam Falconer@Debut Art

# HOW TO SURVIVE XMAS

*No-one expects you to abstain at this time of year. Accept you're going to indulge yourself - and read our guide on how to offset the partying so you make it to 2015 in great shape*



## STEP 1 LAY THE GROUNDWORK

Do a little preparation and even the worst hangover won't make you lose sight of your fitness goals

### STOCK YOUR CUPBOARDS

'Food such as eggs, fish and avocado are high in B vitamins which will provide energy that's been depleted by alcohol and caffeine,' says Nuffield Health nutritionist Nick Wilkinson. 'Strengthen your immune system with zinc, found in turkey, lamb and sesame seeds. Cruciferous vegetables such as sprouts, broccoli and cauliflower increase your glutathione, which supports your liver functions - including processing alcohol.'

### HAVE A GOAL

'Be clear with yourself about what your goal is,' says performance coach Brendan Chaplin. 'For example, it might be to drop 2kg of your bodyweight.'

The clearer you are, the better the chance of success you've got.' That way if you fall off the wagon, you'll have a better idea of what you need to do to get back on track (rather than just, 'Oh, I'll work out a bit harder tomorrow').

### USE 'IF-THEN' PLANS

Decide your actions in advance and you're far more likely to stick to them, according to a University of Leeds study.

Make a list of all the temptations you'll encounter and what your response will be. For example, if I'm offered mince pies, then I will only have one.

### CREATE A VISION BOARD

'Have a photo of yourself in good shape or of someone you admire somewhere prominent, such as your phone's background or inside your front door,' says Chaplin. 'Use it to remind you of your goals and the rewards you'll give yourself if you stick to them.'

### ALLOW FOR SLIP-UPS

'You've got to accept that you'll eat and drink more than normal,' says Chaplin. 'If you understand that it's going to happen then you've got a much greater chance of controlling elements such as when and how much.' If you're eating three decent meals a day, seven days a week, you can afford for 10% to be less than optimal.

### SLEEP WELL

Download the White Noise Lite app and play it as you go to sleep. White noise helps keep you in the land of nod because it's equal across all sound frequencies so it can act like a sound mask, blocking out sudden changes, which are typically what jolts you awake.









## STEP 2 SURVIVE THE PARTY

Has anyone ever drunk a pint of water between alcoholic drinks? Here's some realistic advice to stop you feeling so rough the next day. We can't stop you embarrassing yourself, sadly

### LINE THE STOMACH

It's not a myth – but shouldn't be done with a pint of milk. 'Eating fats slows the stomach's absorption of alcohol and gives your liver more time to deal with the nasty by-products,' says Wilkinson. 'So have salmon or avocado for your "pre-match" meal. You should also take milk thistle before you head out because it assists your liver in getting rid of alcohol.'

### DON'T BEGIN EARLY

If your party starts mid-afternoon it can be tempting to write off the whole day. 'Instead, try to eat and drink well right up until you're going to the party – and think of it as your "cheat" meal for the day,' says Josh Taylor, strength and conditioning coach at Salford Red Devils. 'Eating and drinking poorly for a few hours is nowhere near as bad as doing it all day.'

### KICK-START YOUR EVENING

No time to get to the gym before a night out? This 20-minute Tabata workout doesn't need any equipment, so it's perfect for doing in the office. 'It's made up of four exercises: chest-

to-floor burpees, decline press-ups on your office chair, half range bodyweight squats, and mountain climbers,' says Taylor. 'Do an exercise for 20 seconds, rest for ten seconds, and repeat until you've done that eight times. Rest for one minute, then do the same for the next exercise.'

### WATCH YOUR MIXERS

'Swap mixers like tonic water and lemonade for soda water,' says Taylor. 'It'll keep you much more hydrated and it doesn't taste too dissimilar.'

### PICK YOUR BEER WISELY

A study published in *Journal Of The International Society of Sports Nutrition* found that deep-ocean sea water delivered a better balance of sodium, potassium, zinc and magnesium than most sports drinks. Spanish beer Er Boquerón is made from mineral-rich sea water (filtered, of course) so it lessens the dehydrating impact of alcohol – plus it has two gold stars for exceptional taste from the International Taste and Quality Institute. That's not an excuse to drink twice as much as normal, though.

## STEP 3 KEEP YOUR GUARD UP

Feeling safe in the bosom of your family? That sort of complacency leads to mindless cake-munching. Here's how to get through your trip home

### SURVIVE THE HANGOVER

There are two toxic by-products of alcohol: shame and acetaldehyde. We can't do anything about the embarrassment but a breakfast of eggs will help with the other stuff. 'Eggs contain cysteine, which counteracts the toxins and helps make glutathione, an antioxidant which also neutralises acetaldehyde,' Wilkinson says.

### AVOID THE SPORTS DRINKS

'Sports drinks have rehydrating electrolytes but they're often packed with sugar,' says Taylor. 'It's better to eat bananas, which are high in potassium, or add a little more salt to food for better hydration.'

### PLAN YOUR DINNER

'Eat your turkey first, then the veg and finally the roast potatoes,' says Wilkinson. 'Protein will fill you up so by the time you get to the carb-heavy potatoes you'll find it much easier to eat less.'

### BRING YOUR OWN

Christmas is a time for giving, receiving and gorging on baked goods – but if you're

doing the baking, you can easily swap out some of the unhealthiest ingredients without sacrificing taste. 'Replacing flour with ground almonds or coconut flour gives you the same texture but with more nutrients,' says Taylor. 'And instead of using refined granulated sugar, try stevia, a natural and low-calorie sweetener.'

### SPEED SESSIONS

Do quickfire routines that don't eat into your family time too much. Head to the gym for Chaplin's workout: 12, then 11, then ten, then nine reps of reverse lunges, weight plate clean and presses, mountain climbers (reps each side), goblet squats, dumbbell press-up rows and burpees.

### MULL IT OVER

'Make your own mulled wine rather than buying a sugary ready-made one,' says barman and Schweppes ambassador JJ Goodman. 'Add 75ml ginger beer, 10ml cinnamon syrup (equal parts sugar and water boiled with a cinnamon stick), 2 cloves, 30ml apple juice, the juice of half a lime, 25ml aged rum and 25ml red wine to a saucepan. Gently heat, then serve with a lime wedge.'









## STEP 4 GET THROUGH THE BIG DAY

It's Christmas morning and you're still in one piece. This step-by-step guide to Christmas Day will make sure you don't falter at the final hurdle

### 1 OPEN YOUR CALENDAR

It's pretty hard to buy a non-chocolate advent calendar these days – and Christmas Day's is the biggest piece. This year, get yourself a Hotel Chocolat dark chocolate calendar. A study published in *Chemistry Central Journal* found that by weight dark chocolate contains more antioxidants than blueberry, cranberry and pomegranate.

### 2 BE A GIVER

Make sure you give more presents than you receive. Not only will you be everyone's favourite person, a study by the University of Buffalo showed that those who give more are less likely to suffer an early death. So you may not have as much stuff on the day, but in the long term you win.

### 3 MAKE A SOCKS APPEAL

Pre-empt your well-meaning sock-buying relatives and put Sensoria Fitness socks ([sensoriafitness.com](http://sensoriafitness.com)) on your wish list. Sensors in the fabric can monitor your running gait in real time so you can make the most of that Boxing Day run you're definitely going to do. Right?

### 4 GET OFF THE GRAVY TRAIN

Christmas dinner isn't the same without it, but the British Dietetic Association has a way to make gravy a little less unhealthy: allow the fat from the turkey juices to rise to the surface, then skim it off and use the remainder for your delicious gravy.

### 5 PUT AWAY SOME PUDDING

Don't feel too guilty about eating Christmas pudding. Although it is high in sugar, it's also got fibre, B vitamins, potassium, iron and calcium. If it's home-made it'll be lower in trans fats than a shop-bought one, and you can reduce the sugar by making your own and swapping out the dried fruit for fresh fruit.

### 6 AVOID ARGUMENTS

Spending days on end with the family can be tense. Try to control your temper, because research from NYU Langone Medical Centre found that your risk of a heart attack rises after an angry outburst. If you're about to blow, psychologist Dr Steve Peters suggests taking some alone time – what he calls 'calming your inner chimp' – before you talk things through.

### 7 STAND FOR THE QUEEN'S SPEECH

Why? First, it's respectful. And second, Dr Mike Loosemore, England's chief medical officer at the 2010 Commonwealth Games, says that standing for just three hours a day has the same health benefits as doing ten marathons a year. You've got to start somewhere...

### 8 NAP YOURSELF AWAKE

Drink a coffee and have a 15-minute snooze. You'll wake feeling refreshed as the coffee hits your brain. Studies show this will boost your memory too, so you'll finally beat your uncle at Trivial Pursuit.

### 9 TELLY FOR YOUR BELLY

Trapped in front of *Downton Abbey*? Try this: whenever a bell rings do ten wide-arm press-ups. When someone from 'upstairs' appears 'downstairs' do 15 triceps dips off the sofa. Lastly, every time Lady Mary raises her eyebrows you owe ten V-sits. Explain the rules to everyone so they can point out when you're slacking off.

### 10 CALL YOUR NAN

When it's all over, take time to call your relatives and tell them what a lovely day you had. Studies published in the *Journal Of Personality And Social Psychology* found that talking to other people about positive events was associated with increased well-being. So it's worth listening to granny telling you again how grown-up you sound. ☐







2 BE A  
GIVER

3 MAKE A  
SOCKS  
APPEAL

Roll a double  
for lunch



4 GET  
OFF THE  
GRAVY TRAIN

Liqueur? Don't  
mind if I do....

6 AVOID  
ARGUMENTS

5 PUT  
AWAY  
SOME  
PUDDING



9 TELLY  
FOR  
YOUR  
BELLY



10 CALL  
YOUR NAN

*Congratulations! You've survived Christmas!*



# STOCKING FILLERS

Get everything you want for Christmas this year  
with this wish list of ideal gifts for men



1



2



3



4

## 1 WHEY PROTEIN DECiBEL WATER WHEY

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[www.forgoodnessshakes.com](http://www.forgoodnessshakes.com)

## 4 SHAKER GRENADE® SHAKER

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[WWW.GRENADE.COM](http://WWW.GRENADE.COM)

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**5 ADVENT CALENDAR  
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[www.alesbymail.co.uk/xmasbeer](http://www.alesbymail.co.uk/xmasbeer)

**6 PRE-WORKOUT  
DECIBEL COLA**



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[www.decibelnutrition.com](http://www.decibelnutrition.com)

**7 SKINCARE  
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Vitabiotics, the UK's number one vitamin company, introduces a premium skincare range – Wellman Skin Technology – formulated especially for men. Each product has been scientifically developed using Advanced Research in Male Skincare (ARMS™) resulting in a powerful blend of nutrients and natural botanicals to help keep skin smooth, invigorated and revitalised.  
[www.vitabiotics.com](http://www.vitabiotics.com)

**8 WATCH  
1FACE**



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TODAY

# I'LL POWER THROUGH AND MAKE GAINS.

#CHALLENGEYOURSELF

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RECIPES

GEAR

SUPPLEMENTS

# FUEL

**P90** SCOTCH EGGS REINVENTED **P92** SOUPS AND SMOOTHIES MADE EASIER **P97** PIGGING OUT ON YOUR OWN URBAN FARM **P102** BOXER ANTHONY JOSHUA'S REFUEL REGIME **P106** BUILD MUSCLE THE VEGAN WAY



## Natural born fillers

*The results are in – it's time to go organic*

Is there any point to eating organic? The debate rages on, but it looks like the green brigade could be winning. According to the largest research analysis ever conducted,

at Newcastle University, organic fruit and veg contains at least 19% and as much as 69% more antioxidants than non-organic. In addition to reducing muscle soreness

after a tough gym session, high antioxidant levels can also help to ward off a variety of illnesses, including heart disease and cancer. Our verdict? Worth every penny.

Words Ben Ince Illustration James Fryer



# Golden eggs

*Add serious size with an MF-enhanced take on the classic Scotch egg*

A protein-packed double whammy of egg and sausage meat makes this classic British snack an ideal post-gym treat – provided you avoid the processed perils of the supermarket variety and make it yourself. This simple recipe from Michelin-starred chef Adam Gray features high-quality ingredients that will help, not hinder, your training. Adam Gray is executive chef at Skylon in London ([skylon-restaurant.co.uk](http://skylon-restaurant.co.uk))

**PREP TIME**  
15 minutes  
**COOKING TIME**  
5 minutes



## INGREDIENTS (MAKES 4 EGGS)

5 large free-range eggs / 275g Cumberland sausage meat / Freshly ground black pepper / 125g plain flour / 125g dried wholemeal breadcrumbs / 1 litre rapeseed oil

## TO MAKE

- Boil four eggs in a pan of water over a medium heat for six minutes.
- Remove the eggs from the pan and place them in a bowl of ice water for five minutes.
- Remove from the water and peel carefully.
- Divide the sausage meat into four balls and flatten them using the palm of your hand.
- Place an egg on each of the sausage meat patties and carefully wrap them up, ensuring all of each egg is fully covered and sealed.
- Break and beat the fifth egg and season the flour with the black pepper.
- Dip each sausage meat-coated egg in the flour, then the beaten egg and finally the breadcrumbs. Ensure each egg is fully covered at every stage.
- Heat the rapeseed oil in a pot over a medium heat, then shallow fry the Scotch eggs for four minutes, turning throughout with a slotted spoon.
- Carefully remove the eggs from the pot and place them on kitchen roll to remove any excess oil.

per egg

**CALORIES**

**576**

**PROTEIN**

**24g**

**CARBS**

**35g**

**FAT**

**27g**

### HESTON BLUMENTHAL SAYS...

If you prefer your snacks spicy, add smoked paprika and mustard to the sausage meat. [channel4.com](http://channel4.com)

### JAMIE OLIVER SAYS...

Add finely chopped fresh chives and parsley to the sausage meat for a herby undertone. [jamieoliver.com](http://jamieoliver.com)

### DELIA SMITH SAYS...

Add finely chopped spring onions to the sausage meat and you'll give it a tangy kick. [deliaonline.com](http://deliaonline.com)





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# Pick and mix

Make muscle-building soups and smoothies easily with one of these excellent handheld blenders



**Bugatti Eva Chrome**  
£120

This stylish offering from Bugatti is as sleek and speedy as any of its cars, with two settings for coarser and smoother chopping and a separate blade for slicing.



**KitchenAid Artisan**  
£200

It's not cheap, but this quiet, cordless blender is super-efficient, with five speed settings to help you tackle fruit and veg of different thicknesses – plus a protective pan guard.



**Russell Hobbs 18980 3-in-1**  
£35

With a respectable 400W motor that belies its modest price, this efficient blender will whisk, blitz and chop even the most stubborn veg.



**Morphy Richards 402010**  
£54

This blender comes with robust Serrator blades that stay sharp up to 12 times longer than straight blades. Accessories include a chopping bowl and a whisk attachment.



**Dualit 88910**  
£80

A monstrous 700W motor will chop, purée or whisk any fruit or veg in no time. An array of useful accessories includes a jug and a chopping bowl.



All blenders available from [johnlewis.com](http://johnlewis.com)





TODAY

# I'LL COME BACK LEANER & STRONGER.

#CHALLENGEYOURSELF



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AFTER TRAINING



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PROTEIN  
BETWEEN MEALS



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# YOU HATE... **SPROUTS**

**T**urkey isn't the only Christmas dinner staple that should be part of your weekly food shop. Brussels sprouts offer potent anti-inflammatory properties to soothe your aching muscles after a tough gym session, and they're also a source of bone-strengthening vitamin K and immunity-boosting vitamin C. But they rarely get eaten on the other 364 days of the year because many people detest this much-maligned vegetable - until now, that is, because these recipes will make you look at sprouts in a new light. Time to binge like the Belgians.

## BRUSSELS SPROUTS BY NUMBERS

**4** Four sprouts contain 100% of your RDA of vitamin C

100g of sprouts provides 15% of your RDA of fibre

**15**

**42** A single sprout has 42% of your RDA of vitamin K



## BUT YOU'LL LOVE THEM LIKE THIS...

### CRACKLING SPROUTS INGREDIENTS (SERVES 4)

400g Brussels sprouts / 60g pork crackling / 2 cloves of garlic, finely chopped / 1tbsp vegetable oil / Salt and pepper, to taste

#### TO MAKE

Remove the outer leaves of the sprouts, chop them in half and boil in salted water for ten to 12 minutes until soft. Strain and put aside. Heat a wok or large frying pan, then add the vegetable oil and garlic. Add the cooked sprouts to the pan with the salt and pepper and stir. Crumble the pork crackling over the dish and serve.

[MRTROTTER.COM](http://MRTROTTER.COM)

### CHICKEN AND SPROUT OMELETTE INGREDIENTS (SERVES 1)

90g Brussels sprouts, cut into chunks / 60g cooked chicken breast, cut into strips / Handful of mushrooms, thinly sliced / 3 eggs / 1tsp of butter

#### TO MAKE

Crack the eggs into a bowl and beat or whisk thoroughly. Mix in the mushrooms, sprouts and chicken. Heat the butter in a small pan over a low heat. Pour the mixture into the pan and fry until cooked, flipping halfway through.

[KAROLGLADKI.COM](http://KAROLGLADKI.COM)

### TURKEY AND SPROUT BUBBLE AND SQUEAK CAKE INGREDIENTS (SERVES 4)

200g Brussels sprouts, trimmed / 1kg potatoes, peeled and cut into chunks / 60g butter / 1 small onion, peeled and diced / 300g cooked turkey breast, chopped / 50g plain flour, seasoned with salt and pepper / 1tbsp rapeseed oil / Sea salt, black pepper and a pinch of freshly grated nutmeg

#### TO MAKE

Boil the potatoes for 15 minutes, drain, add half the butter and mash well. Cook the sprouts for five minutes until tender, drain and shred. Heat the remaining butter in a frying pan and fry the onion until soft, then cool a little. Mix the sprouts, turkey, potato and onion, season and leave to cool, then shape into eight cakes. Coat them in flour, then fry them in the oil for four minutes each side. Drain on kitchen paper. Serve with rocket, poached eggs and red pepper sauce.

[GOLDENTURKEYS.CO.UK](http://GOLDENTURKEYS.CO.UK)





# STILL GOING STRONG

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LEGENDARY

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# THE GOOD LIFE

Who says you need acres of countryside to set up your own farm? MF meets three urban farmers aiming for self-sufficiency in their London homes



Words Ben Ince Photography Rupert Fowler





## JOHN PAYNTER, PIG FARMER, EALING

You might not be surprised to find chickens or even the odd goat in a London garden – but pigs? For schoolteacher John Paynter, they were the next logical step in his family's urban farming experiment.

'We started out raising chickens about four years ago, then moved on to bees,' he says. 'Pigs followed the year after that. It took us four months to clear an overgrown corner of the garden and construct the sty, which is about six metres by six. The costs were low because we built it from scavenged wood, and the cement, roofing, troughs and wire fencing only cost a couple of hundred pounds.'

The pigs themselves are surprisingly low-maintenance. 'You have to feed them daily, but they do most of their business in one

spot, so you only have to clear it up every four weeks,' says Paynter. 'We tend to buy pigs that are eight to 12 weeks old in May, keep them for six months, then have them slaughtered in November.' During this time, they grow. 'At first they're around 20kg, but by the end they're up to 130kg,' says Paynter. 'They'll keep growing, but that's a good cut-off point to ensure you get lean meat.'

Otherwise, there aren't many prerequisites for keeping pigs. 'You have to apply for a permit from your local council to raise pigs,' says Paynter, 'but it's free and easy to do. The only other factor is your neighbours – the pigs can stink when it gets wet, so you might want to consult them first.'

The return on investment is impressive. 'A pig costs around £200 to buy, raise and

slaughter, but it provides 100kg of meat, including four shoulder joints, four leg joints and 42 chops, as well as sausage meat and offal,' says Paynter. 'All of that can be sold for around £400, or you can keep it to feed yourself. We're still finishing off the 500 sausages we got from last year's pigs.'

For the Paynter family, the experience of raising swine has enhanced more than just their meals. 'It gives you a better understanding of where food comes from and a greater respect for it,' says Paynter's father, Steve, who helps his son with the pigs. 'Nowadays people think meat comes from a supermarket in a plastic bag, but 100 years ago it was common for people in towns and cities to raise their own livestock. There's no reason more people can't do it today.'



## NAOMI SCHILLINGER, FRUIT & VEG GROWER, ISLINGTON

Raising livestock in your garden is all very well, but what if you live in a flat? 'You have to be creative with the space you've got access to,' says author Naomi Schillinger. 'If you don't have a garden, you can still grow fruit and veg in window boxes, especially things that grow vertically like runner beans or strawberries.'

Schillinger has developed a planting routine that provides year-round fresh produce. 'If you're organised, you can sow regularly from March through to November,' she says. 'It's actually easier to grow in urban spaces during the winter, because the frosts aren't as heavy as they are in the countryside.'

The key is timing. 'If you've got a bit more space - say a balcony or a small garden - you can easily plant lettuces in March, tomatoes in April, beetroot in May, pea shoots in June, and kale and Swiss chard in July and August,' says Schillinger. 'The kale and chard will keep flowering throughout the winter, despite the weather. It's a

great way to add some fresh, nutrient-rich greens to your salads, and it'll save you loads of money too.'

With winter approaching, Schillinger is already looking ahead to 2015. 'November is the perfect time to plant raspberries,' she says. 'All you have to do is buy the bare roots, cut them to 10-15cm tall, then sow them. I usually buy a wine bottle container, drill a dozen holes in it, then plant one root in each bottle-holder in a soil-based compost. Next August, I'll have fresh raspberries every day.'

[outofmyshed.co.uk](http://outofmyshed.co.uk)



## SARA WARD, CHICKEN FARMER, BRENTFORD

If you're a gardener looking to branch out into livestock, chickens are a good first step. 'I bought my first pair while living in a terraced house in London with a small garden,' says Sara Ward. 'The only major outlay was the chicken house, which I bought from Omlet ([omlet.co.uk](http://omlet.co.uk)), who make fox-proof chicken houses for gardens from £500.'

The birds themselves were cheap and easy to care for. 'Hybrid chicks - which have

been bred to lay more eggs - cost around £20 each,' she says. 'You buy them when they're six to eight weeks old, and each will lay around 350 eggs a year, so you recoup the cost of the house in the first year or two. They need daily food and water, but you can always just give them extra if you're going away for the weekend, and the house only needs cleaning once every couple of weeks.'

'We keep the female chicks for their eggs, but the males we eat,' she says. 'It's not nice killing an animal, but the meat tastes better because the animals have a happier life. They've got lower stress hormone levels, which means you ingest less of it.'



Farming has become a lucrative and fulfilling pastime for Ward. 'I made around £1,200 worth of produce last year, including fruit and veg, eggs and 100 jars of honey, which I sold or gave away to friends and family,' she says. 'But the best thing is the feeling you get when you look down at a plate of food and realise it's all come from your own garden.'

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# POWER COMBO

Olympic gold medal winning boxer Anthony Joshua reveals the supplement regime that gets him through a tough training camp



## PROTEIN AND CARB SHAKE

'I drink a shake after a hard workout with a plate of bread, meat and avocado. All together it replenishes my energy supplies and aids muscle growth.'



## OMEGA 3

'I put my body through a lot during training, so I take four omega 3 capsules a day to help with overall health and recovery.'



## CALCIUM

'I take calcium to strengthen my bones and protect against injury.'



## JOSHUA BY NUMBERS

22

His age when he won Olympic gold in 2012

9-0

His professional record, with all wins by KO or TKO

1

Only one of those fights has gone beyond the second round

Joshua's training and nutrition helped him beat Denis Bakhtov to win the WBC International Heavyweight title

## ENHANCED RECOVERY

'Having whole foods with your supps helps facilitate a natural digestion process and provides extra fibre,' says Aaron Deere, a functional medicine consultant and personal trainer at KX Gym in London ([kxlife.co.uk](http://kxlife.co.uk)). 'Try adding a high-GI fruit such as dates to your plate as well, because that'll help to refuel your muscles after training. Omega 3 helps to soothe the inflammatory effects of exercise - for an extra boost, add a daily dose of turmeric to your diet. Taking vitamin D supplements with calcium will help your body absorb the nutrients, as well as boosting your immune system.'

Anthony Joshua was speaking at the UK launch of *Destiny* ([destinythegame.com](http://destinythegame.com))



## ASDRUMARK



**The Mundo Unico men's underwear winter collection is out now**, packed with great designs that offer excellent support, comfort and style. Ideal for sport and everyday wear, Unico underwear is perfect whatever you are doing.

With Christmas just around the corner, this fantastic underwear makes a perfect gift for family and friends – or simply treat yourself! The winter collection includes brief, boxer short, thong, tanga and athletic long-leg boxer

styles. High-quality underwear at an affordable price!

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## DU MAURIER WATCHES



### Introducing the new Maxim Black II from Du Maurier Watches.

The original Maxim Black sold out in moments, so treat yourself this Christmas to the Maxim Black II. With multi-layered sapphire glass, jet black textured dial and striking silver markers, this Swiss-made beauty is the watch of the moment.

Maxim Black II is available on black, brown or blue strap, £445.

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[www.dumaurierwatches.com](http://www.dumaurierwatches.com)



## SCARAMOUCHE & FANDANGO



**Scaramouche & Fandango launched in February of last year with a core range of body and skincare products for men.**

The range, which is made in the UK, aims to strip the complex world of male grooming back and focus purely on the essentials.

The latest addition to the collection is a 4-in-1 sports wash suitable for face, body, hair and even a cheeky shave. With all the essentials in one handy tube, it's

the perfect gym bag companion. Find the range in John Lewis, Harvey Nichols, Fenwick and Waitrose amongst others.

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## CAFFEINE ROCKET

### INGREDIENTS

25g cashews / 15g sesame seeds / 20g dried cranberries / 50g granola / A handful of coffee beans



CALORIES

**522**

PROTEIN

**32g**

CARBS

**57g**

FAT

**14g**

# BLAZE A TRAIL

Keep your energy up during long runs and rides with these tasty trail mixes



## SAVOURY CHARGE

### INGREDIENTS

25g pistachios / 15g chia seeds / 20g wasabi peas / 50g popcorn / 2tsp cinnamon

CALORIES

**502**

PROTEIN

**22g**

CARBS

**70g**

FAT

**17g**

## BANANA BURST

### INGREDIENTS

25g peanuts / 15g hemp seeds / 20g dried banana / 50g rolled oats / 20g dark chocolate

CALORIES

**635**

PROTEIN

**36g**

CARBS

**67g**

FAT

**23g**



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# Bean machine

Pack on lean mass with this vegan meal plan

Plenty of people hate the idea of eating things with faces – but it's possible to be soft of heart and hard of pec. This vegan-friendly menu feeds your body with plant protein for new muscle growth, along with healthy fats and slow-release carbohydrates to fuel your workouts and boost recovery. And even if you do eat meat, it's tasty enough to tempt you away for a day.

## KIDNEY BEANS

contain folate, which improves circulation

## RED PEPPERS

contain vitamins A and C, which work together to boost immunity

## CELERY

contains vitamin K, which strengthens your bones

**PREP TIME**  
10 minutes  
**COOKING TIME**  
35 minutes

## CALORIES

**419**

## PROTEIN

**23g**

## CARBS

**61g**

## FAT

**9g**

## BREAKFAST

*Tofu omelette with asparagus and tomato* provides amino acids, which help develop new muscle.

## LUNCH

*Quinoa with pine nuts, sweet potato and spinach* is high in iron, which provides working muscles with oxygen.

## SNACKS

*Rice cakes with almond butter and blueberries* provide manganese, which helps to protect against free radical damage after a hard training session.

## DINNER

### Red bean stew

#### INGREDIENTS (SERVES 6)

440g red kidney beans / 250g pinto beans / 250g chickpeas / 100g soya beans / 1 red onion, chopped / 1 vegetable stock cube / 3 stalks of celery, diced / 2 red peppers, diced / 6 garlic cloves, finely chopped / 1 bay leaf / 2tsp Worcestershire sauce / Black pepper to taste / 1tsp Tabasco sauce / 1 can of chopped tomatoes / 2tsp tomato purée / 2tbsp rapeseed oil / 300ml water

## TO MAKE

- Fry the onion and garlic in the rapeseed oil over a medium heat in a deep pot for five minutes.
- Add the peppers and celery and cook for a further two minutes.
- Add the tomato purée and Worcestershire sauce and cook for another minute.
- Add the bay leaf, the chopped tomato, the stock cube and 300ml of water and cook for five minutes.
- Add the beans and chickpeas, reduce the heat, cover and simmer for 20 minutes.





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# RECOVER FASTER

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If you want to consistently perform at your highest level in a physical sport such as rugby, post-exercise recovery is crucial. What you put into your body after a game or a training session plays a vital role in this process – and that's why BULK POWDERS™ created COMPLETE ALL IN ONE™. With 35g of protein, 20g of carbohydrates, 7.5g of glutamine peptides, 5g of leucine and 5g of creatine monohydrate per serving, it contains everything your system needs to heal after a demanding workout.

'I've noticed a big shift in my training capacity and recovery since I started using COMPLETE ALL IN ONE™,' says Colchester RFC captain Calum Irvine. 'I feel stronger on match days and this has carried over into more confident performances.'

In addition to helping reduce muscle breakdown, COMPLETE ALL IN ONE™ also contains several key

nutrients to help build new muscle. With an excellent amino acid profile and a fast absorption rate, whey protein is by far the most effective post-workout protein source for adding muscle. Leucine complements it by helping to stimulate protein synthesis, which boosts growth further.

Taking rapidly absorbed carbs is also advantageous after a tough workout or match and that's why COMPLETE ALL IN ONE™ also contains maltodextrin, which helps to quickly replenish muscle glycogen (fuel) levels as well as driving nutrients into the muscles. What's more, it also contains creatine, which has been shown to increase strength and power as well as lean body mass, all of which are critical assets on a rugby pitch. But even if you've never picked up an oval ball, COMPLETE ALL IN ONE™ will help you recover faster and build new muscle.



# Cold comfort

*Feel bathed in sunshine this winter with a flu-fighting citrus shake*

Many poets have shunned orange, the colour with no rhyme. Perhaps that's why they're often so pale and weak, because if you want to stay healthy through the winter, orange is the ideal colour for your drinks. Try this one from sports nutrition expert Scott Baptie (foodforfitness.co.uk) with your breakfast and you'll breathe easily. Nothing rhymes with yogurt either. Who cares?

## INGREDIENTS

- ▶ 2 carrots, peeled
- ▶ 1 orange, peeled
- ▶ 1 mango
- ▶ 125g probiotic Greek yogurt
- ▶ 250ml grape juice
- ▶ A pinch of ginger



CALORIES	PROTEIN
559	28g
CARBS	FAT
115g	1g

**1** Carrots contain falcarinol, a compound that can reduce the risk of lung and colon cancer.

**2** Oranges are packed with vitamin C, which combats disease-inducing free radicals.

**3** Mangos are rich in carotenoids, a group of powerful antioxidants that improve immune function.

**4** Greek yogurt provides probiotics, which help to improve bowel function and strengthen the immune system.

**5** Grape juice is a great source of nitric oxide, which helps to improve cardiovascular health.

**6** Ginger contains gingerols, compounds with anti-inflammatory properties that help improve recovery after exercise.



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**32g**  
of Protein

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of Creatine

**4g**  
of L'Glutamine

**1.5g**  
of HMB



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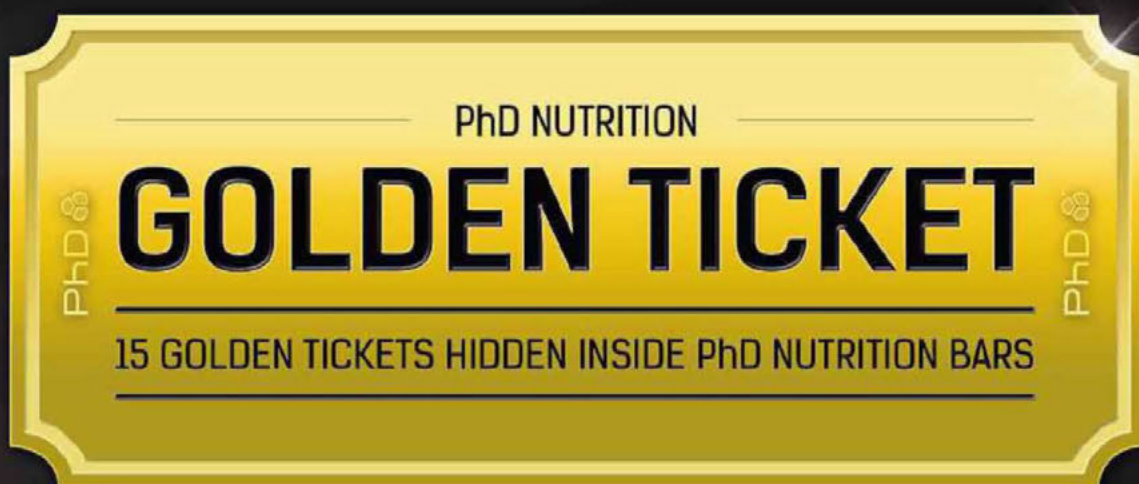
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MUSCLE

FAT LOSS

CARDIO

# TRAINER

**P114** TORCH FAT WITH THIS LOW-WEIGHT CIRCUIT **P118** MASTER THE L-SIT FOR A ROCK-HARD CORE  
**P126** TRAIN LIKE ENGLAND RUGBY WINGER MARLAND YARDE **P132** GIVE JOINT PAIN THE ELBOW



## The obstacle keeping you from the finish line is mental, not physical

If you've ever run a marathon, you'll be familiar with the unpleasant feeling of 'hitting the wall'. But what if you could simply ignore it?

Scientists have long known that the neurotransmitter serotonin is released when you exercise - helping improve your mood - but new research from the University of

Copenhagen has found that surplus levels can actually trigger a mechanism in your brain to put the brakes on so your muscles don't overwork. Simply put, when you hit the wall (technically known as central fatigue) your mind is telling your muscles to quit when they actually have plenty left in the tank.

The ability to control serotonin levels could have important implications for people with diseases such as cerebral palsy. But for anyone aiming for a PB, simply knowing it's your mind that's limiting performance rather than your muscles could help you hit a PB no matter what sport you're doing.

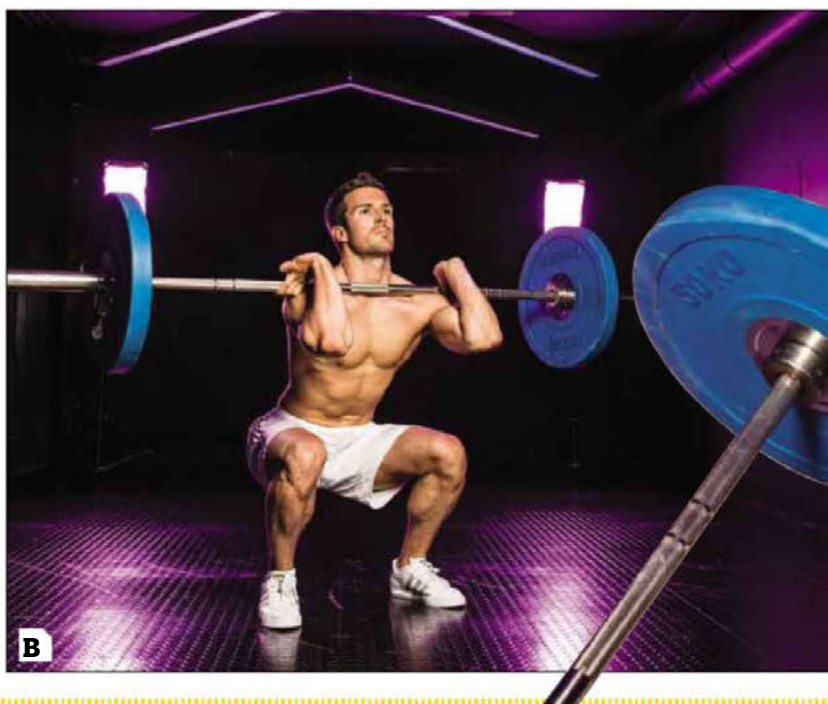
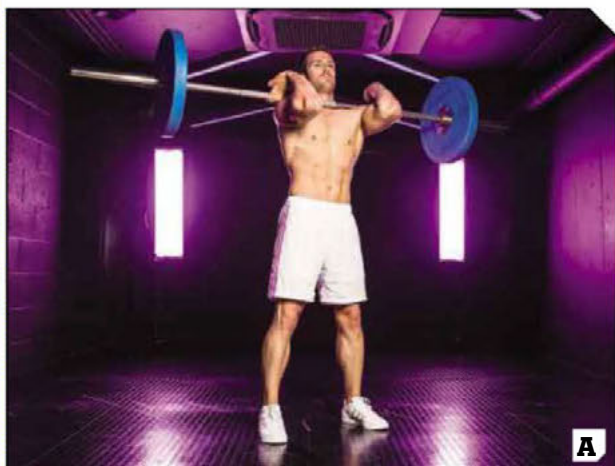
Words Sam Rider Illustration Chris Gibbs



## START

### 1 FRONT SQUAT ▼

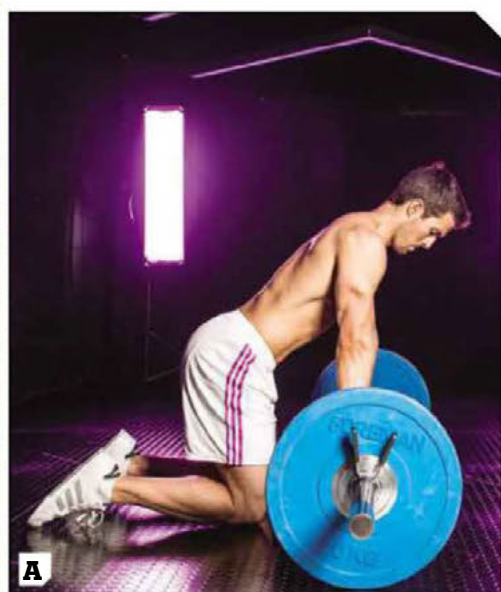
Rest the bar across your upper chest and shoulders, holding it in place with your hands, and with your elbows as high as you can get them. Keeping your chest up and back straight, squat down until your thighs are at least parallel to the floor, then drive back up.



## FINISH

### 6 BARBELL ROLL-OUT ▼

Kneel in front of a loaded barbell, holding it with a shoulder-width overhand grip. Keeping your arms straight and your shoulders and core braced, roll the bar out as far as you can without collapsing. Reverse the movement back to the start.



# THE ULTIMATE FAT LOSS WEAPON

*Use a barbell to torch lots of fat in limited time*

This circuit is made up of six exercises. The aim is to complete ten unbroken reps of each exercise in the circuit, repeated for five rounds. Rest for ten seconds between exercises and 60 seconds between rounds. Because you'll use the same barbell throughout, choose a weight you can complete all ten reps of each move with, but try to increase the weight slightly the next time you do the circuit to ensure progression.

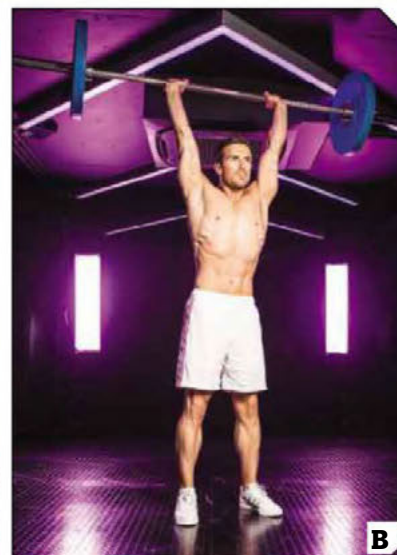


### 5 CLEAN AND PRESS ▲

Perform a hang clean as in exercise 3 but after you stand up, lower into a quarter squat and drive up fast, using the momentum to press the bar overhead. Then carefully return the bar to the floor.







## 2 PUSH PRESS ▲

Hold the bar with an overhand grip and hands just wider than shoulder-width apart. Bend your knees to lower into a quarter squat and then drive up explosively, using the momentum to press the bar overhead. Lower the bar carefully and continue into the next rep.

## PERFECT FORMULA

*'Even though this is a great fat-burning workout, you can still build muscle at the same time,' says Dave Kyle, head trainer at Les Mills (lesmills.com), who devised this circuit. 'By using a weight that's low enough to allow you to achieve high reps with each exercise, you can fatigue your muscles, forcing them to grow new muscle fibres to cope with the effort. This, plus your heart rate staying sky-high throughout the circuit, ensures you'll sculpt a lean, muscular physique in no time.'*

**Thanks to Train Fitness (trainfitness.co)**



## 4 EXPLOSIVE FLOOR PRESS ▲

Lie on your back with your feet flat on the floor holding a barbell with an overhand grip, hands just wider than shoulder-width apart and upper arms on the floor. Press the bar up, then lower it to just above your sternum and press straight up powerfully. You can set up the bar low on a squat rack for safety.

## 3 HANG CLEAN ▼

Let the bar hang just above knee height, with a slightly concave back and your chest up. Raise the weight to chest height using your arms and traps, pushing powerfully through your heels and driving your hips forwards. Quickly drop into a half squat, bring your arms under the bar to catch it on the top of your chest and stand up. Carefully return the bar to the start.







Sam performs a reverse pull-up on the Cadillac

# THE EXPERIMENT

## PILATES

***It's said to improve posture and aid injury rehab - but can it make you stronger? MF's Sam Rider finds out***

**I** can still remember the sensation. It felt like an elastic band twanging and snapping, followed by 30 seconds of searing pain, then my knee went numb and swelled to the size of a melon. Earlier this year I tore my anterior cruciate ligament playing football, then had surgery to fix it. Strenuous activity was put on ice - along with my knee.

After four weeks of recuperation on the sofa and then on crutches my thigh muscles have halved in size. I'm itching to get back in the gym but on the advice of my physio I've turned to Pilates. 'It's a useful adjunct to any athlete's rehab or conditioning,' says Mike Aunger (techniquephysio.com). 'Its moves help reduce the pressure you put through your spine and legs during exercise.' And, I'm hoping, halt my physical decline.

### HOUSE OF PAIN

Body Control Pilates in London holds an array of instruments and contraptions that wouldn't look out of place in a torture chamber. Yet, as my instructor Katherine Pentecost assures me, they're for my own good. In fact it's the comforts of my office chair and living room sofa I should be wary of.

'We pick up aches, pains and muscle imbalances from modern living but Pilates reminds the body of how we're supposed to move,' says Pentecost. The classes (one-to-one and group sessions twice a week) will help me reconnect with the deep stabiliser

muscles that are often neglected in traditional strength training. 'You'll start to use these muscles subconsciously, which will promote a fuller range of movement and ultimately better recruitment of your muscles.' In theory, that means as I get better at Pilates, I should get better at lifting.

### LET'S ROLL

We start with a roll-down. With my back against a wall, I draw my lower abs muscles in to press my back into it and 'peel', as Pentecost describes it, my body away from it, keeping my hips where they are but leading with my head to arch my body over. Each session begins and ends with this. It teaches me to control the movement of my spine and to reduce the compression on each vertebra.

We move on to squats, with my back against a wall and then on a reformer - a gliding platform you can lie, kneel or stand on and push or pull yourself forwards and backwards, using springs and bodyweight for resistance. Pentecost makes me focus on using my inner thigh muscles to keep my hips, knees and ankles in line. Once corrected, I instantly feel more stable, even when taking weight on my weakened right leg.

Pilates uses elements from yoga, martial arts, gymnastics, skiing, dance, weightlifting and even circus training - which perhaps explains the Cadillac, also known as the trapeze table. I use this device for a series of moves, including the pull-up and reverse pull-up, allowing me to work on upper-body strength as well as core control.



Photography Rupert Fowler





The side reach promotes spinal flexibility



Sam hits the reformer (above), then threads the needle to promote spine and shoulder mobility

We work the sides of the body in unison and then unilaterally, helping identify and then fix any imbalances. For me this means I'm working my injured right leg as much as the left, to encourage a well-balanced recovery. We only ever do low reps of each exercise to ensure quality over quantity.

### REFORM SCHOOL

In our final class I return to the reformer. When I began we tested the strength of my bad leg by doing single-leg presses. Then I could only manage two units of tension on the springs before my leg started shaking,

but after four weeks I'm happily pressing with the maximum four units of tension.

Outside of classes I also find I consciously stop slumping, helping reduce compression on my spine, and keep my core engaged so I don't weaken my lower back. And when I do return to the weights room, I feel better equipped to avoid injury and lift more effectively. My advice: don't wait for an injury to realise the benefits of Pilates.

**Six-week blocks of classes at Body Control Pilates in London start from £61 for mat work and £71 for reformer. Visit [bodycontrolpilates.com](http://bodycontrolpilates.com)**

## RESULTS

Rehabilitation aside, what did Pilates do for my core control, flexibility and the strength and stability of my good leg? These tests suggest the answer is plenty

	BEFORE	AFTER
FLOOR L-SIT	6sec	8sec
PISTOL SQUAT ON GOOD LEG	0	2
SIT AND REACH	25cm	28cm

## HARD CORE

Fix weaknesses in your abs with the roll-up to roll-over. 'This challenges your abs through a greater range than sit-ups,' says Pentecost. 'Remember to use your breathing to help.'

**1** Sit tall on a mat with your legs straight and your arms held out in front of you. Breathe out as you release your spine into a C-curve and breathe in as you roll back slowly on the mat. Bring your arms over to hover just off the floor but keep your core engaged to stop your ribs rising too far.

**2** Breathe out and bring your legs vertically overhead. Breathe in as you return your legs a quarter of the way to the mat. Then breathe out and start drawing your legs over your body.

**3** Allow your pelvis and spine to peel off the mat and draw your legs over your torso until they are parallel with the mat, keeping your weight on your upper back and shoulders but no pressure on your head or neck. Hold for 5sec then breathe out as you slowly reverse to the start. Repeat five times.





# THE L-SIT

*For a do-anywhere abs workout with guaranteed results, unleash L*

**S**it-ups? A waste of time. Introduce the L-sit to your workout and you'll be done in seconds - literally. It's fairly easy to do on dip bars or gymnastics rings, but do it on the floor and the increased strength required to keep your legs up provides an excruciating yet effective abs workout. 'Holding it for ten seconds is plenty long enough,' says Spartanfam trainer Dwayne 'Coop' Cooper, pictured demonstrating the move. 'Rest a minute, do two more sets, and you're done.' No sit-ups required.

## How to do this move

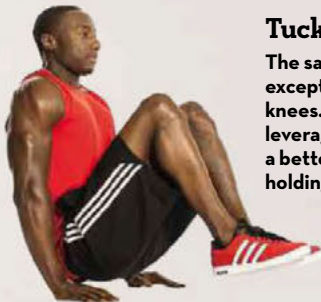
**A** Start on the floor. You'll have the best chance of a respectable showing if you point your fingers forward and spread them out as if you're trying to grip the ground.

**B** Flex your legs, abs, glutes - everything, basically - and lift yourself off the ground. Leaning your torso forwards slightly will help with your balance, but there's nothing we can do about the screaming of your abs and hip flexors. Hold it.



## THE BUILD-UP

Haven't got the strength for the full version? Here's how to get started



### Tuck sit

The same as the L-sit, except you bend your knees. The decreased leverage gives you a better shot at holding the position.

### V-hold

Sit on the floor with your legs extended so you form a V-shape. Hold it until failure, rest for 60sec and repeat.





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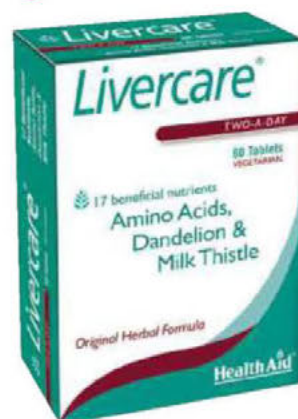
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# TEST YOUR KETTLE

*Your new weapon in the fat-loss war has a handle*

**G**yms full of kit are overrated. If you've got a kettlebell and a living room in your house, it's more than possible to bang out a cardio-boosting, muscle-building, recovery-improving workout in 20 minutes or less. The secret? Picking the right moves. Embrace this quintet of full-body scorchers and you'll be burning fat for hours, while the resistance will prompt your muscles to grow. And you'll still be able to set a new record for getting the teas in afterwards.

## • DIRECTIONS

Do each move for the recommended sets and reps three times a week. If you're after a recovery session, do it twice a week at a steady pace.

### 1 Goblet squat

SETS 3 REPS 15

Hold your kettlebell by its 'horns' and squat down with your back straight, arms tucked in and chest up. Descend until your elbows touch the inside of your knees, then put your weight through your heels as you stand back up.



A

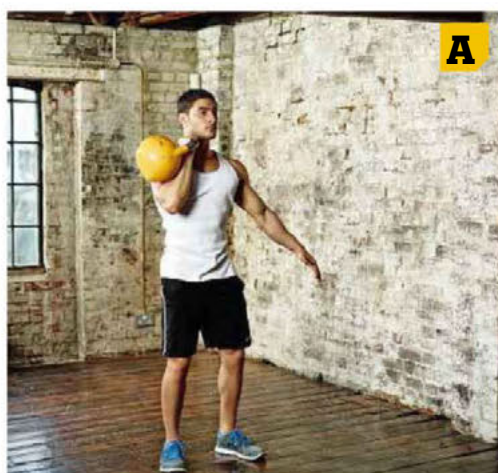
B



## 2 One-arm overhead press

SETS 3 REPS 10 EACH SIDE

Hold the kettlebell in a rack position and then press it overhead, keeping the bell resting against your forearm. Lower the bell under control, pausing at the bottom of the move with the bell resting in the rack position. Finish all your reps on one side, then switch to the other.



## 3 Halo

SETS 3 REPS 8 EACH  
DIRECTION

Holding the kettlebell by the handle, bell up, rotate it around your head with bent elbows for the maximum possible range of motion. You'll feel this one in your obliques if you do it right.



## 4 One-arm floor press

SETS 3 REPS 10

Lie on the floor with the kettlebell held in one bent arm against your shoulder, keeping the opposite knee bent for stability. Press the bell overhead, pressing your free hand into the floor to stabilise the movement.



## 5 Swing

SETS 2 REPS 25

Stand with your feet shoulder-width apart and push the kettlebell off your body to start the swing. As you lower, hinge at the hips by pushing your glutes back and keeping your knees as straight as you can. When you feel a stretch in your hamstrings, drive your hips forward so the kettlebell rises to head height. Guide it back under your hips, keeping it tight to your inner thighs.





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## THE FINISHER

MARLAND  
YARDE

*The Harlequins and England winger is ready to raise his game to another level for next year's home World Cup*

**W**hen an 11-year-old Marland Yarde watched England win the 2003 Rugby World Cup on TV, he had little idea of who Jonny Wilkinson was - or even the rules of the game he was watching. The St Lucia-born powerhouse had grown up playing cricket, excelling as a fast bowler and a wicket-

## MARLAND YARDE

**Age** 22

**Height** 1.83m

**Weight** 95kg

**Achievements**

- 5 England caps, 4 tries, 20 points
- Won the 2012 U20 Six Nations, scoring five tries including a hat-trick against Scotland





keeper. After moving to England aged nine, he represented Middlesex in triple jump competitions and played football for the Queens Park Rangers academy, but he didn't get into rugby until 2006. Fast forward just eight years and the 22-year-old wrecking ball is now an explosive part of the exciting young England team gunning for World Cup glory in 2015.

'I didn't play rugby until I was 14 but I soon had trials for the county and it took off from there,' says Yarde. 'It's pretty huge to play for England. Ever since I started in rugby it is something I wanted to do so to achieve this at an early age is massive.'

## Hard Yarde

Yarde's career is proof that any athlete can achieve incredible results in a short space of time - both on the pitch and in the gym. Physical fitness is an integral part of his success: he has electric speed, brute strength and impressive agility. 'When everybody is big and strong you need to find that extra 1% that will set you apart. After I worked on the

## HIT HARD

**Rugby wingers need pace, power and considerable muscle. Yarde's lower-body workout builds all of them**

'The main aim is to improve both maximum and explosive strength, with additional exercises to maintain leg muscle mass,' says Gareth Tong, Harlequins' head of strength and conditioning. 'Marland typically adds a core superset, such as a kneeling Pallof press with a hanging leg raise at the end, and does it once a week, usually on the third day after a game.'

### 1 BOX JUMP

SETS 6 REPS 3  
REST 60SEC

Tong says 'Marland starts with a power move when he's fresh, such as plyometric bodyweight moves or Olympic lifts. The focus is on moving your body or the weight as quickly as possible instead of lifting the most weight.'







## 2 TRAP BAR DEADLIFT

SETS 4 REPS 3 REST 2MIN

Tong says 'He warms up by gradually increasing the weight for three sets, building up to one max set of three reps, looking to move the bar as powerfully as he can - he's hitting around 180kg at the moment. Then he does another three back-off sets at 85% of his heaviest set.'



TRI-SET

## 3A 45° BACK EXTENSION

SETS 3 REPS 15 REST OSEC

Tong says 'These strengthen his whole posterior chain, focusing on his hamstrings. You can do this holding a weight but focus on slowing down the lowering part of the move.'

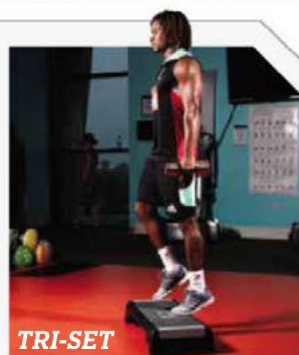


TRI-SET

## 3B DUMBBELL STEP-UP

SETS 3 REPS 8 EACH SIDE REST OSEC

Tong says 'This works the adductors, the quads and hip extension muscles, and works each leg independently to ensure there are no imbalances.'



TRI-SET

## 3C SINGLE-LEG CALF RAISE

SETS 3 REPS 15 EACH SIDE REST 60SEC

Tong says 'Sometimes he does this on a leg press machine and does explosive isometrics where he pauses with his ankles flexed and then presses the weight out powerfully.'



Yarde forges a foundation of strength using the squat, bench press and trap bar deadlift



physical side of my game I really noticed the difference.'

Others have noticed it too. England head coach Stuart Lancaster has said Yarde can help inject the 'X factor' into his team, revealing that his stats for defenders beaten, metres gained and lines broken are as good as those of any player in the squad.

## Raising the steaks

Yarde won the prestigious under-18 Daily Mail Cup with Whitgift school in Croydon in 2010, then impressed for the England youth teams and the London Irish academy. In 2010 he turned pro for the London club and went on to score 13 tries in 34 starts before joining Harlequins in 2014.

The winger made his full England debut against Argentina in Buenos Aires in June 2013, scoring two tries in a 51-26 win. 'The Argentinian steak was unreal,' he recalls. 'I had an 800g one - no bones in it, straight meat - and it was the best I have ever had. But the steak won - I couldn't finish it.'

Despite missing the 2014 Six Nations through injury, Yarde started all three games in England's summer tour of New Zealand, scoring two tries, including one

## REST HARD

Yarde's recovery methods help him survive the brutality of elite rugby, but they'll also help you piece yourself back together after a workout

### RICE AND STEAK

'I eat rice after a game to replenish the energy I've used, and I have a lot of red meat because your body gets battered and you need it to rebuild damaged muscle tissue.'

### ICE BATHS

'Straight after a game I have an ice bath for five to eight minutes. It eases the pain of recovery and helps preserve muscle tissue.'

### COMPRESSION

'At home when I am lounging on the sofa I wear compression skins, like the ones cyclists wear, to help get the blood flowing again.'

### STRETCHING

'I stretch twice a week for 20 minutes in front of the TV, especially the night before a game. It's a mix of foam roller work and static



stretches. It helps to loosen your muscles and you feel better in the morning.'

### SLEEP

'If you don't give your body enough sleep you'll have wasted all the effort you put into your training and struggle to concentrate the next day. After eight hours' sleep I feel energised and ready to go again.'





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Yarde further enhanced his reputation with two tries on England's tour of New Zealand earlier this year

after a devastating burst past All Blacks legend Richie McCaw in Dunedin. 'I was just trying to spot a gap,' he says, modestly.

### Pull a fast one

Yarde and his team-mates do a lot of old-school compound exercises - Harlequins' head of performance John Dams is a fan. 'The players have to be strong enough for training and matches week in, week out, so we squat, deadlift and bench press,' Dams tells *MF* at the club's Surrey training base. 'The most important thing is consistency: to maintain strength throughout the season you need constant stimulus and exposure.'

Yarde likes to inject variety into his training. 'I do whole-body exercises and fast exercises, but also absolute strength exercises, which are maximal strength exercises at 85-100% of your one-rep max for two or three reps,' he says.

Given that Yarde is already a meaty 95kg, Gareth Tong, head of strength and conditioning at Harlequins, prefers him to work on his top-end strength and power and develop fast-twitch muscle fibres for speed, rather than hypertrophy. 'We want him to sprint and to be powerful enough to break tackles,' he says. 'But muscle mass isn't an issue - he's already a big lad. At the moment he's working on trap bar deadlifts, with 45°

## 'THE WORLD CUP IS ON ALL OUR MINDS'

back raises for his hamstrings, and dumbbell step-ups that work his adductors, quads and hip flexors.' Yarde also ramps up his speed with track sessions, explosive squat jumps and box jumps (see box on p124).

### Eat and run

To maintain his size, Yarde has to be very careful about nutrition too. David Dunne, Harlequins' performance nutritionist, recommends players eat four meals a day to stay big. Each player has a clear daily protein protocol. 'We generally want each player to aim for 2.5-3g of protein per kilo of bodyweight,' he says. A sample training diet is porridge and poached eggs for breakfast; sweet potato, vegetables and salmon fillets to refuel; steak skewers with roasted root vege-

tables and coconut rice after training; and a prawn and chicken stir-fry for dinner.

Considering the ferocity of modern rugby, quick recovery has become an essential component of Yarde's armoury. The winger relies on a variety of tactics from ice baths to foam rollers to repair his body after games (see box on p126). 'We like players to use rollers, bands and lacrosse balls for self-massage, to aid muscle health and reduce soreness,' says Dams. 'They do hot yoga as well, which helps flexibility, mobility and recovery.'

### Small beer

Thankfully, one part of the traditional recovery process still permitted is the post-match pint. 'A beer after the game is not frowned upon as long as you get your recovery right and are ready to go again,' says Yarde.

But right now beer is the last thing on his mind. His priorities, in order, are performing for Harlequins and being ready for internationals when the call comes. 'Certainly the World Cup is already on our minds,' says Yarde. 'When you see the list of players who've appeared before you at Twickenham it is a big deal to be a part of that history.'

**Harlequins play Aviva Premiership Champions Northampton Saints in Big Game 7 at Twickenham on 27th December. For tickets visit [quins.co.uk](http://quins.co.uk) or call 020 8410 6000**



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Luke Sandoe



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# Rowing power

**A sub-7min 2,000m row is the benchmark. Use this Boat Race-winning plan to achieve it**

## THE COACH

Michael DiSanto was part of the winning crew in the 2014 Oxford-Cambridge Boat Race. He's vice-president of the Oxford University Boat Club, has represented the US at the World Rowing Championships and previously captained the Harvard University crew team.



## THE GOAL

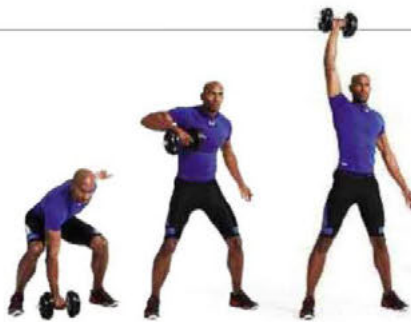
'This workout is aimed at strengthening the areas of the body that cope with the greatest amount of load during the rowing stroke,' says DiSanto. 'That is the muscles and joints from just below the shoulders all the way down to the lower back. Targeting this region will help not only to prevent injuries, but also to improve technique, both on the water and on the machine.'

## THE WORKOUT

'The first three exercises are whole-body compound lifts that build a foundation of strength and power,' says DiSanto. 'The second three are bodyweight moves that develop your core stability. Do this routine two or three times a week to complement your rowing sessions. To ensure progression with this plan you should adjust the weight you lift and reps every three weeks. Start with a weight that allows you to complete three sets of eight reps for all the moves. As you progress, add weight and reduce the reps for the compound lifts every three weeks but increase the reps for the bodyweight moves. If you continue after nine weeks, return to eight reps for the compound lifts - ideally with more weight than at the start - and increase the reps for the bodyweight moves to 20.'



Get the interactive version of this workout in the digital edition of **Men's Fitness**. AVAILABLE ON IPAD, IPHONE, KINDLE FIRE, ANDROID AND WINDOWS

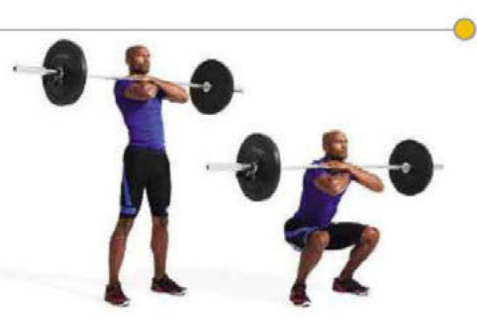


### 1 Dumbbell snatch

Hold a dumbbell on the floor with knees bent. Drive through your heels, push your hips forwards powerfully and lift it. Use the momentum to bring it overhead so you can 'catch' it with your arm straight and legs bent, then stand. Return the weight to the floor.

#### » HOW TO DO IT

WEEK 1-3 Sets 3 Reps 8 each side  
WEEK 4-6 Sets 3 Reps 5 each side  
WEEK 7-9 Sets 3 Reps 3 each side



### 2 Front squat

Rest the bar across your upper chest with your hands holding it in place and your elbows as high as you can get them or your arms crossed. Keeping your chest up and back straight, squat down until your thighs are at least parallel to the floor, then drive back up.

#### » HOW TO DO IT

WEEK 1-3 Sets 3 Reps 8  
WEEK 4-6 Sets 3 Reps 5  
WEEK 7-9 Sets 3 Reps 3



### 3 Deadlift

Hold the bar with a shoulder-width grip, with your arms straight and legs bent. Keeping your chest up and your back straight, drive through your heels and pull the bar up your legs, pushing your hips forwards to stand tall.

#### » HOW TO DO IT

WEEK 1-3 Sets 3 Reps 8  
WEEK 4-6 Sets 3 Reps 5  
WEEK 7-9 Sets 3 Reps 3



### 4 TRX Y-T

With feet together, lean back so the TRX supports you. Using your delts and upper back, bring your hands up and out so you create a Y shape, then reverse the move. To create a T bring your hands out to your sides. Complete all the reps for Y then all the reps for T.

#### » HOW TO DO IT

WEEK 1-3 Sets 3 Reps 8 of each  
WEEK 4-6 Sets 3 Reps 12 of each  
WEEK 7-9 Sets 3 Reps 16 of each



### 5 Side plank with leg raise

With the side of one foot and your forearm supporting your weight on the floor, hold your body in a straight line. Keeping your leg straight, raise your top foot and hold it there for three seconds, then lower. Complete all the reps, then switch sides.

#### » HOW TO DO IT

WEEK 1-3 Sets 3 Reps 8 each side  
WEEK 4-6 Sets 3 Reps 12 each side  
WEEK 7-9 Sets 3 Reps 16 each side



### 6 Diagonal toe touch

Lie on your back with your arms and legs stretched out. Raise your left leg and right arm off the ground and bend at the hips so you touch your hand to your foot. Return to the start. Alternate sides, keeping the movement controlled.

#### » HOW TO DO IT

WEEK 1-3 Sets 3 Reps 8 each side  
WEEK 4-6 Sets 3 Reps 12 each side  
WEEK 7-9 Sets 3 Reps 16 each side



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# INJURY-PROOF YOUR... ELBOW

**Elbows aren't just for making space on your commute.  
Protect yours from these common injuries with our expert's advice**



Simon Rice is a physiotherapist and strength and conditioning coach. He has worked with Olympic athletes and consults at London's Pure Sports Medicine ([puresportsmed.com](http://puresportsmed.com)).

The elbow is a simple hinge joint crossed by the biceps, triceps and forearm muscle groups. Many common elbow injuries affect the local tendons - which attach muscles to bones - and these injuries can be resilient to treatment, but focusing on form in the gym can help prevent them from occurring.

## 1 TRICEPS TENDINOPATHY

'Heavy bench pressing is a common cause of this injury, which is characterised by an ache at the back of the elbow that improves during the session but gets worse afterwards,' says Rice. 'The triceps muscle acts to straighten the elbow, and tendinopathies often occur when its tendon is overloaded and poor technique is used.'

### PREVENT IT

'Before heavy pressing, warm up with isometric triceps push-downs on a cable machine. Hold the weight for 15 to 20 seconds with your elbows bent at 90°. If you start to get symptoms, alter your press-up and bench press technique by bringing your elbows in as close to your sides as possible.'

## 2 TENNIS ELBOW

'Pulling exercises, which involve gripping tightly, can put a lot of pressure on the outside of your elbow, especially when done with heavy weights. That can lead to pain in that area, which can spread to your forearm and hand.'

### PREVENT IT

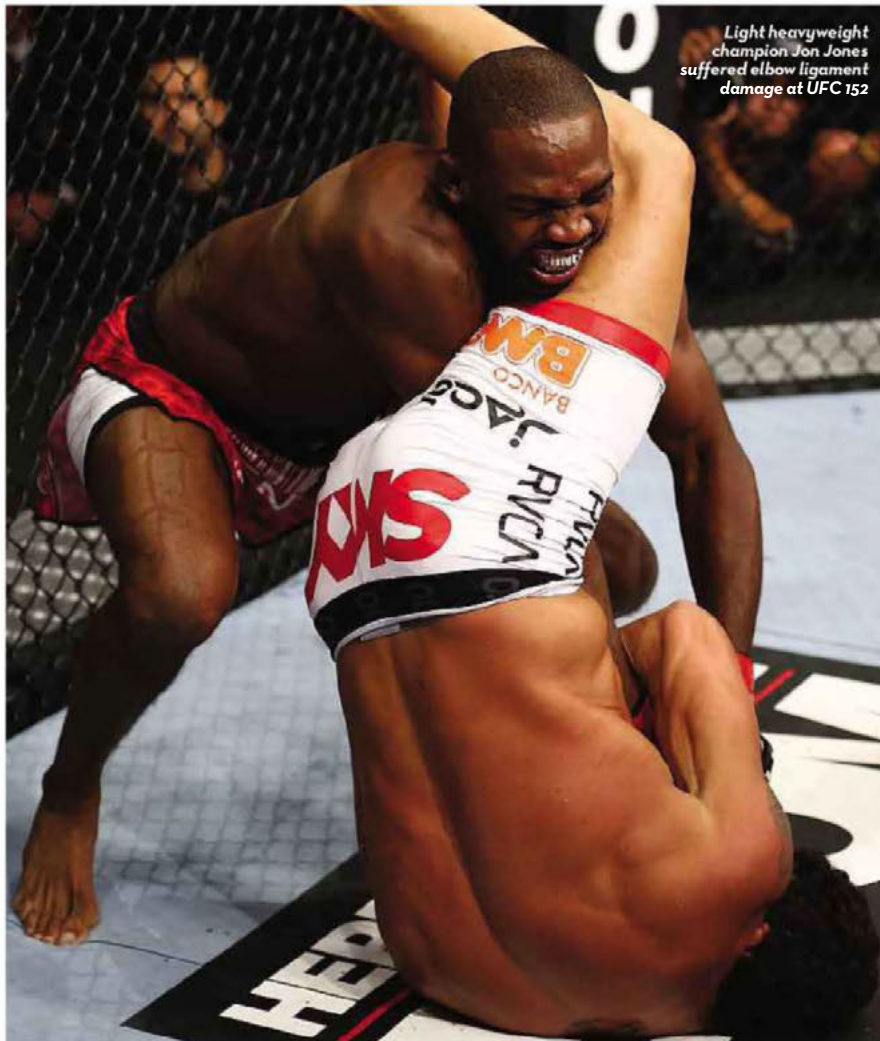
'Alternate your grip when doing pulling exercises and increase the weight *gradually*. If symptoms start, change all pulling exercises to an underhand grip (for example, chin-ups instead of pull-ups) or neutral grip (ie bent-over rows with dumbbells instead of a barbell). Using thick grips or towels wrapped around the bar can take the pressure off the elbow too.'

## 3 ELBOW SYNOVITIS

'The elbow is a capsular joint, which means it's encased in a thin lining. Synovitis is a condition where that lining becomes irritated and inflamed, and it's common in people who often hyperextend their elbow.'

### PREVENT IT

'Avoid locking out your elbow when doing pressing exercises, especially press-ups.'



Light heavyweight champion Jon Jones suffered elbow ligament damage at UFC 152

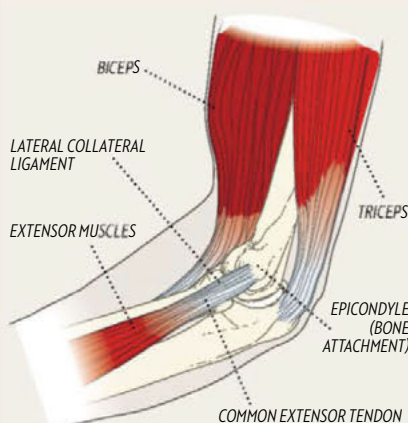
## 4 REFERRED NECK PAIN

'Dysfunctions in the middle and upper spine can produce pain in the arm and elbow. It's common in people with deskbound jobs and those who do overhead lifts with poor technique.'

### PREVENT IT

'Work on thoracic mobility in your warm-up. To do this, get on all fours and bring one hand behind your head. Rotate your bent elbow towards the ceiling as far as you can, then return to the start. Repeat for 30 seconds on each side. Then lie on a rolled-up towel so it runs across your back level with your shoulder blades. Rest your head on the floor and relax for 20 seconds. Sit up and move the towel a few centimetres down your back and repeat. Do that five times.'

## ANATOMY OF THE ELBOW VIEWED FROM THE OUTSIDE OF THE LEFT ARM

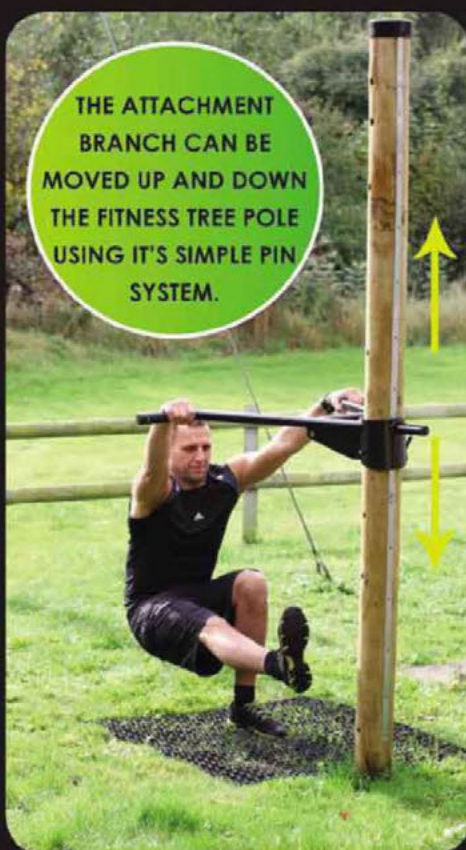




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# GYMNASTICS

World silver medallist Max Whitlock explains how gymnastics can propel your fitness to new heights



**W**hen I first tried gymnastics as a kid I loved it because it was different. I learned to do handstands and flips and things that none of the other kids at school could do. It was something that got me noticed – in a good way.

When I was nine I was put forward to compete in my first gymnastics squad. At that time I was also swimming competitively so I had to choose between the two. I went with gymnastics and I'm pretty happy with that choice. Winning the silver in the all-around at the world championships this year was huge but the high point of my career so far

has to be competing at the London Olympics and bringing home two bronze medals.

## FOREVER YOUNG

Gymnastics makes you agile and flexible, and it's good for your joints and overall movement. It uses every part of your body too, with a big focus on core work and body-weight strength, and it keeps you lean and strong at the same time.

I know there's a perception that it's only for young people but I would definitely encourage you to get involved with gymnastics, no matter how old you are. I train at the South Essex Gymnastics Club and see people of all ages and abilities come along. There are so many great gym clubs now, up and down the country. Check out the British

Gymnastics site ([british-gymnastics.org](http://british-gymnastics.org)) to find clubs in your area.

## NEW TRICKS

Even just adding the odd gymnastics move to your ordinary workout is worth it. Start by using the rings for your chin-ups and triceps dips. Because the rings can move independently, unlike a rigid pull-up and dip station, your muscles work harder and in different ways. Try the L-sit with rings too – your arms, shoulders, legs and core have to work in unison, so it really improves co-ordination. And the first time you nail a new gymnastics move you get a real buzz.

**To support Whitlock at the Rio 2016 Olympic Games with Nissan, visit [nissan.co.uk/racetorio](http://nissan.co.uk/racetorio)**



**GYM WILL FIX IT** MF reader Wes Tubb turned to gymnastics to fix flexibility and postural problems undermining his strength gains. Here's what he's learned

### » WRIST WATCH

Poor wrist flexibility will scupper your chances of nailing handstands and other moves. Add wrist flexor stretches into your warm-up. Hold one arm locked straight out in front of you, and use the other hand to pull your hand back towards you (or push against a wall). Hold the stretch for 10sec.

### » BROOM FOR IMPROVEMENT

Upper-body flexibility is essential. Most deskbound people and bench pressers have poor shoulder mobility. Improve yours with broomstick shoulder dislocations. Hold a long stick in both hands with a wide grip, then raise it over your head and pull it down your back as far as you can.

### » DO THE DISHES

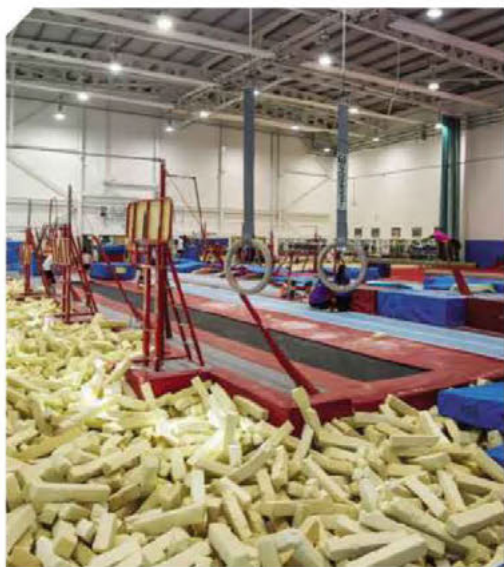
For a core capable of holding exercises such as the planche or front lever you need a lot of isometric strength. Improve it by doing the dish hold. Lie on your back, tense your abs and raise your shoulders and legs off the floor so your body forms a dish shape. Hold for as long as you can – aim for a minute.



## IN THE PIT'S

Find your nearest foam padded gymnastics centre and swing into shape

### SOUTH ESSEX GYMNASTICS CLUB



Max Whitlock hones his technique here but don't be intimidated by the pedigree – or deterred through fear of injury. The floors are all padded and huge foam pits will soften your landing, while there are numerous beginner-friendly bits of kit to build your confidence on.

[southessexgym.co.uk](http://southessexgym.co.uk)

### MILTON KEYNES GYMNASTICS CENTRE



Perfect your moves with trampoline training before switching to the floor and high bar. This facility has six high trampolines and sunken ones beside foam pits for riskier moves and employs coaches with national and international competition experience to show you the ropes.

[miltonkeynesgymnastics.co.uk](http://miltonkeynesgymnastics.co.uk)

### COLCHESTER SCHOOL OF GYMNASTICS



Do you like structure or are you a freestyler? This centre caters for both. You can go for classes with a warm-up, training for each piece of equipment and conditioning, or sessions that mix freerunning with adapted gymnastics skills.

[colchestergymnastics.com](http://colchestergymnastics.com)

### NATIONAL CENTRE FOR CIRCUS ARTS



Performing circus aerobics requires all the core strength of a gymnast. This restored warehouse in central London hosts one of the top circus arts schools in Europe, and offers recreational courses for a creative and challenging full-body workout.

[nationalcircus.org.uk](http://nationalcircus.org.uk)

## READY TO TUMBLE

Leotard aside, these gymnastics essentials will soon get you looking the part



### » Bodymax Functional Training Gym Rings

£30 [powerhouse-fitness.co.uk](http://powerhouse-fitness.co.uk)

Durable and lightweight for home or park training. Use them to master muscle-ups, tucks and holds, and turn basic exercises such as press-ups and dips into core-strengthening moves.



### » Manique Palm Guards

£10 [gymnastic-express.co.uk](http://gymnastic-express.co.uk)

Enhance your grip and safeguard your hands from friction burns and debilitating calluses with these soft leather guards. They're designed for beginners, but experienced gymnasts don't go *au naturel* – everyone's hands need protecting.



### » Training Parallel Bars

£295 [tracks2000.co.uk](http://tracks2000.co.uk)

Don't get cocky. Build up to the full-height parallel bars by practising at floor level first. The width can be adjusted from 30cm to 70cm, and at 130cm long the bars are ideal for anything from L-sits and handstand press-ups to pirouettes – if you're man enough.



Olympic Gold Medallist  
James DeGale

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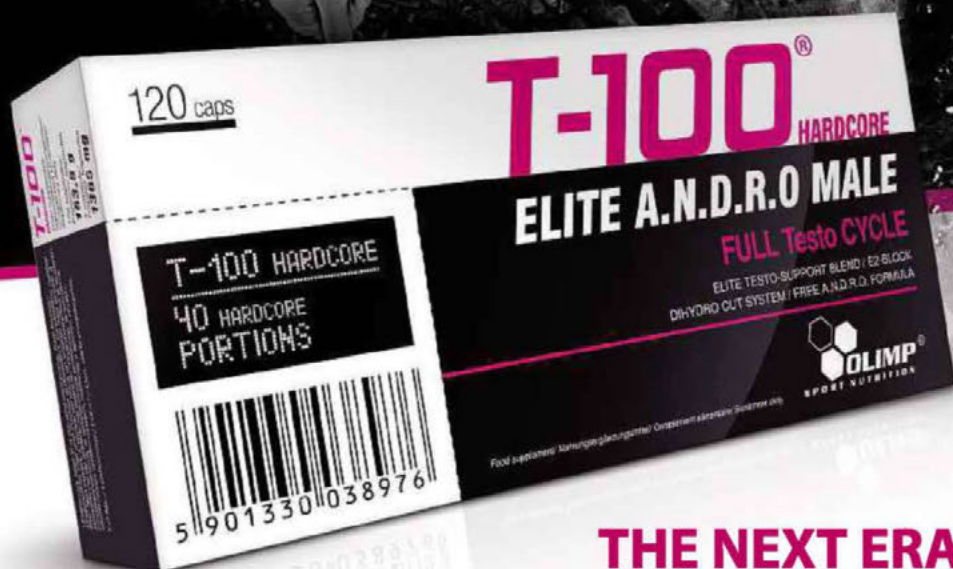
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# BODY WORK

*With minimal kit but maximum impact, this four-week workout plan will Christmas-proof your waistline*

**T**he month before Christmas is a critical time, and full of chocolatey and boozy temptations that'll have you piling on the kilograms. So trainer Chris Burgess ([superherofitnessacademy.com](http://superherofitnessacademy.com)) has devised this plan to forge a muscular, athletic body capable of overcoming anything the festive season can throw at it.

'This will lay the foundations for high performance,' says Burgess. 'It includes exercises to reduce hip tightness while activating glutes and hamstrings.' These are key muscles for performing the big lifts with better form and bigger loads - the two fundamental elements for building muscle. There are also plyometric moves and core-blasting drills to keep you explosive and lean.

'This plan will require determination,' Burgess says. 'But the reward will be a body that looks great and performs exceptionally.' And more importantly, something a few festive tipples won't spoil.

## HOW TO DO THE WORKOUTS

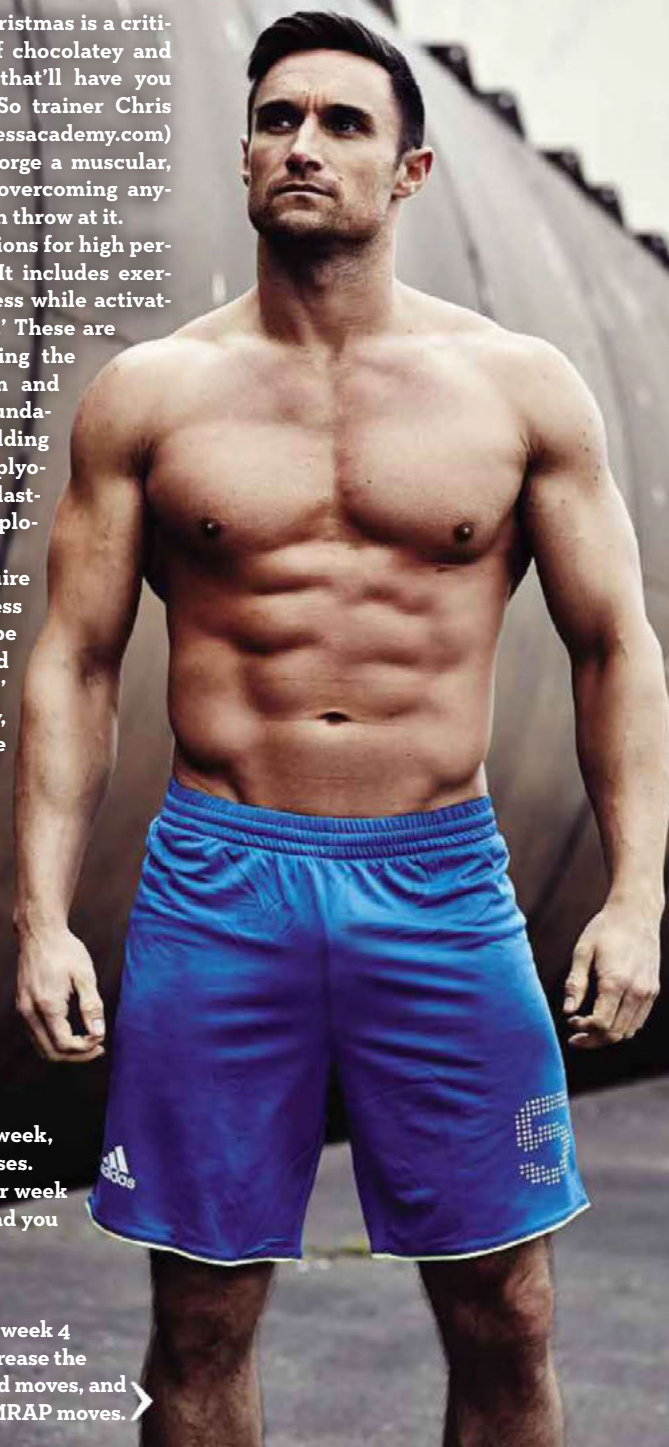
The two weeks' worth of workouts include four legs days, two upper body days and two core days. Follow them in full or pick routines or moves to add to your regular training.

### WEEKS 1 + 2

There are four workouts a week, each made up of six exercises. Repeat week 1's workout for week 2 but try to increase the load you lift to encourage progress.

### WEEKS 3 + 4

Repeat week 3's workout in week 4 but reduce the reps and increase the weight for the big compound moves, and increase the reps for the AMRAP moves. ➤



## THIS MONTH'S TRAINER



**CHRIS BURGESS** is the founder of Superhero

Fitness Academy, which provides effective, evidence-based training and nutrition education for those looking to get into great shape.



# WEEKS 1 + 2

Develop the foundations of strong muscle with these four workouts

## WORKOUT 1

### LEGS

#### 1// BARBELL GLUTE BRIDGE

SETS 4 REPS 8 TEMPO 4011 REST 60SEC

Lie on the floor with your legs bent and hold a bar on your hips. Drive through your heels and contract your glutes hard to raise your hips and the bar off the floor. Pause at the top of the move, then lower slowly.



BURGESS SAYS 'THIS WILL TEACH YOU TO FLEX AND EXTEND YOUR HIPs PROPERLY - VITAL FOR POWERFUL GLUTES AND **IMPROVING YOUR SQUAT**'

#### 3// BULGARIAN SPLIT SQUAT

SETS 3 REPS 12 EACH SIDE TEMPO 4010 REST 60SEC

Rest the bar across your shoulders and place one foot on a bench behind you. Bend your front leg to lower your body, keeping your chest up and front knee over your toes. Drive back up through your front foot to return to the start.



#### 2// BACK SQUAT

SETS 4 REPS 12 TEMPO 4010 REST 60SEC

With your feet just wider than shoulder-width apart, rest the bar on the back of your shoulders. With your chest up and core braced, squat down until your thighs are at least parallel to the floor. Drive back up through your heels to stand.



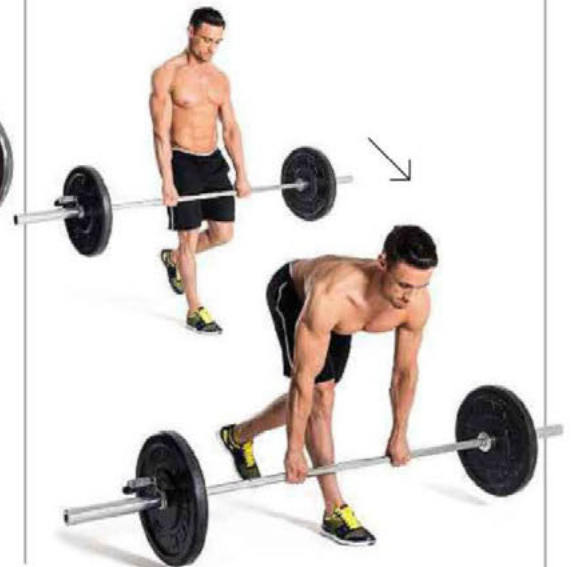
#### TEMPO EXPLAINED

The tempo of each move is expressed as a four-digit figure. The first digit indicates how long in seconds you should take to lower the weight, the second how long you should pause at the bottom, the third how long you should take to lift and the fourth how long you should pause at the top. An X means you should perform that phase of the move explosively.

#### 4// SINGLE-LEG STIFF-LEG DEADLIFT

SETS 3 REPS 12 EACH SIDE TEMPO 4010 REST 60SEC

Hinge forwards from your hips, not your waist, simultaneously raising one leg behind you, and lower the bar until you feel a moderate stretch in the hamstrings of your standing leg. Reverse the move to the start. Keep your standing leg straight throughout.

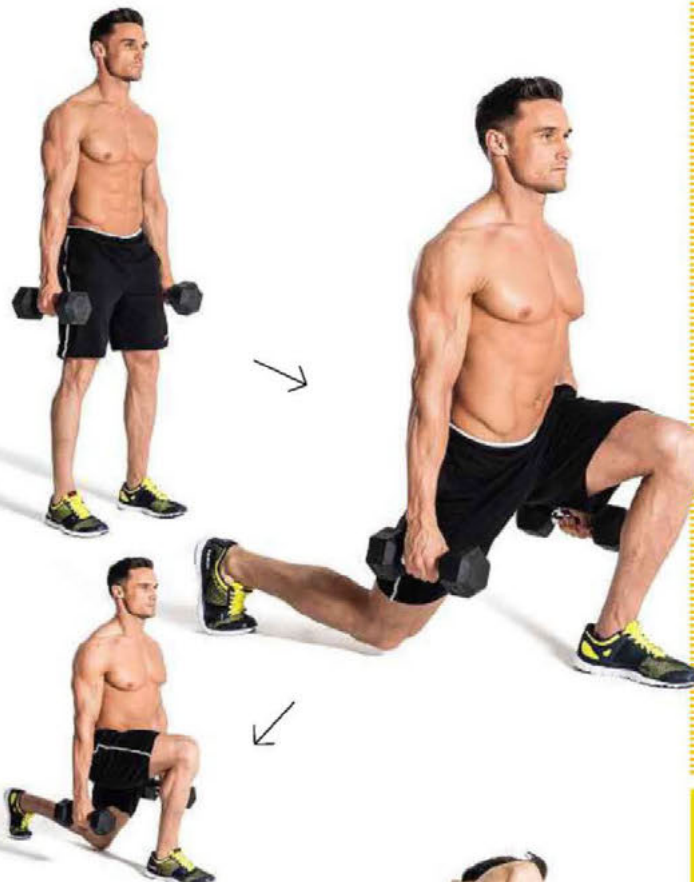




**5// WALKING LUNGE**

SETS 3 DISTANCE 30M TEMPO N/A REST 60SEC

Holding dumbbells in each hand, lunge forwards, keeping your back upright and your front knee over your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to stand and continue straight into a lunge with your other leg.

**6// SINGLE-LEG CALF RAISE**

SETS 3 REPS 15 EACH SIDE TEMPO 4011 REST 60SEC

With your hands behind your head, step forward and push through your toes and the ball of your foot to raise your heel. Pause at the top of the move, then return to the start and repeat with your other foot.

**WORKOUT 2****UPPER BODY****1// WIDE-GRIP PULL-UP**

SETS 4 REPS 8 TEMPO 2010 REST 60SEC

Grasp a bar using an overhand grip with your hands double shoulder-width apart. Contract your upper back muscles to help pull your chin above the bar. Then lower under control.



**BURGESS SAYS 'NOBODY EVER BUILT A GREAT BODY WITHOUT BUILDING A BIG BACK, AND THE PULL-UP IS THE KING OF BACK EXERCISES'**

**2// BENCH PRESS**

SETS 4 REPS 8 TEMPO 4010 REST 60SEC

Lie on a flat bench holding the bar with an overhand grip, hands just wider than shoulder-width apart. Drive your feet hard into the floor and press the bar straight up powerfully, then lower it slowly to the start position.

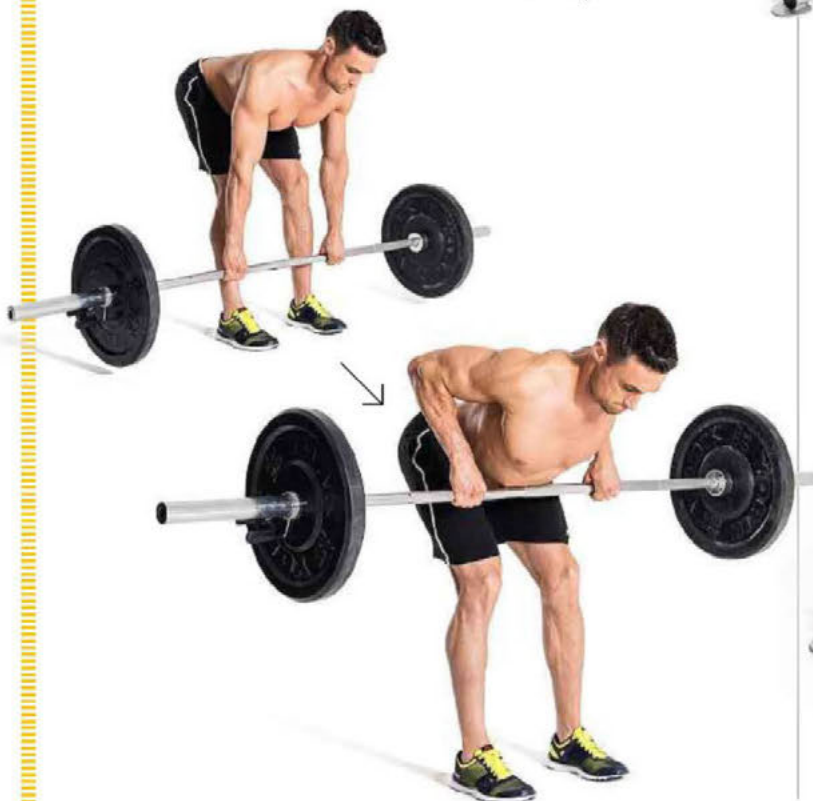




### 3// BENT-OVER ROW

SETS 3 REPS 12 TEMPO 4010 REST 60SEC

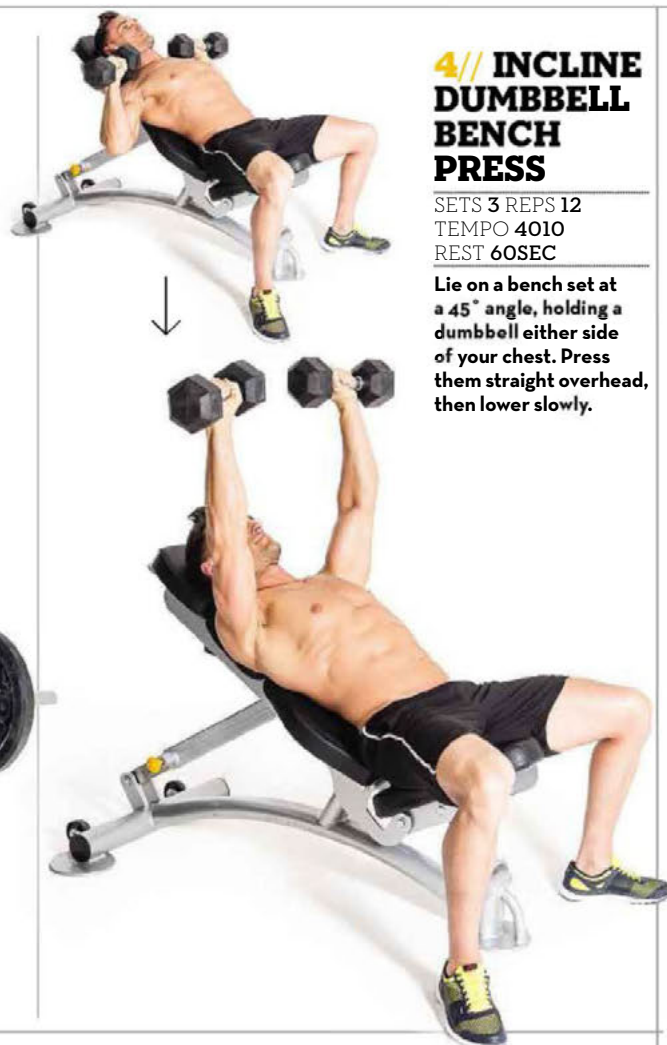
Bend your knees slightly and hinge forward from the hips, keeping your back slightly concave and your shoulder blades back throughout. Holding the bar with an overhand grip just outside your legs, pull the weight up to your lower sternum, then lower slowly.



### 4// INCLINE DUMBBELL BENCH PRESS

SETS 3 REPS 12 TEMPO 4010 REST 60SEC

Lie on a bench set at a 45° angle, holding a dumbbell either side of your chest. Press them straight overhead, then lower slowly.



### 5// DUMBBELL BICEPS CURL

SETS 3 REPS 14 TEMPO 2011 REST 60SEC

Hold dumbbells by your side so your palms face each other. Keeping your elbows close to your sides, curl the weights up to your chest, rotating your hands so your palms face you at the top. Squeeze your biceps hard, then lower the weights slowly.



### 6// DIP

SETS 3 REPS TO FAILURE TEMPO 4010 REST 60SEC

Hold the handles with arms extended. Lean forward so you recruit your chest muscles. Keeping your arms locked against your body, bend them and lower until the bottom of your chest is level with your hands, then press back up powerfully.





# WORKOUT 3

## LEGS

### 1// ROMANIAN DEADLIFT

SETS 4 REPS 8 TEMPO 4010 REST 60SEC

Keeping your back straight and allowing a slight bend in your legs, lean forward from the hips, not the waist, and lower the bar down the front of your shins until you feel a moderate stretch in your hamstrings. Reverse the move, pushing your hips forward to stand.

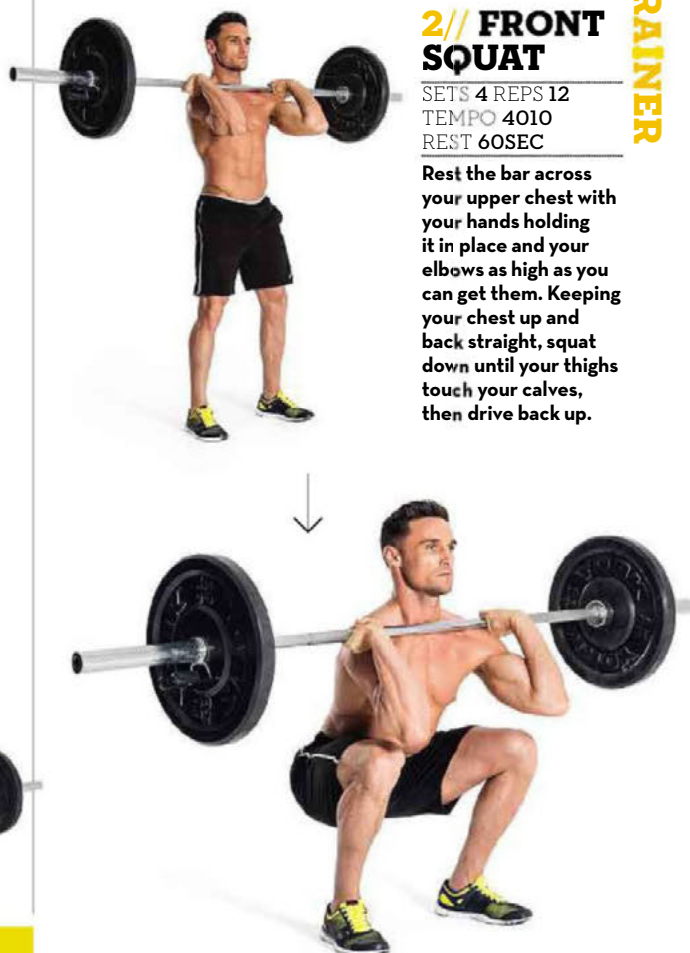


BURGESS SAYS 'WHEN DONE PROPERLY, THIS BUILDS **STRONG GLUTES AND HAMSTRINGS** AND ALSO STIMULATES UPPER BACK STRENGTH AND MUSCLE GROWTH'

### 2// FRONT SQUAT

SETS 4 REPS 12 TEMPO 4010 REST 60SEC

Rest the bar across your upper chest with your hands holding it in place and your elbows as high as you can get them. Keeping your chest up and back straight, squat down until your thighs touch your calves, then drive back up.



### 4// GOBLET SQUAT

SETS 3 REPS 16 TEMPO 4010 REST 60SEC

Hold a dumbbell vertically with both hands at the top. Keeping your back straight and chest up, lower into a deep squat. Drive through your heels to stand.



### 3// DUMBBELL STEP-UP

SETS 3 REPS 12 EACH SIDE TEMPO N/A REST 60SEC

Holding a pair of dumbbells by your sides, brace your core and place one foot on a bench. Drive through the heel of your raised foot to step up on the bench with the other foot. Carefully step back down, lead leg first. Alternate sides.





## 5// SPLIT SQUAT

SETS 3 REPS 12 EACH SIDE TEMPO 4010 REST 60SEC

Start in a split stance with the bar resting across your shoulders. Keep your chest up and bend your legs until your back knee is just off the floor, without your front knee moving beyond your toes. Press back up to return to the start.



## 6// SEATED SINGLE-LEG CALF RAISE

SETS 3 REPS 16 EACH SIDE TEMPO 4010 REST 60SEC

Sit on a bench with one heel hanging over the edge of a step or weight plate in front of you and a dumbbell resting on the knee of that leg. Keep the other foot out in front of you. Tense your calf, raise your heel, then slowly lower it again.



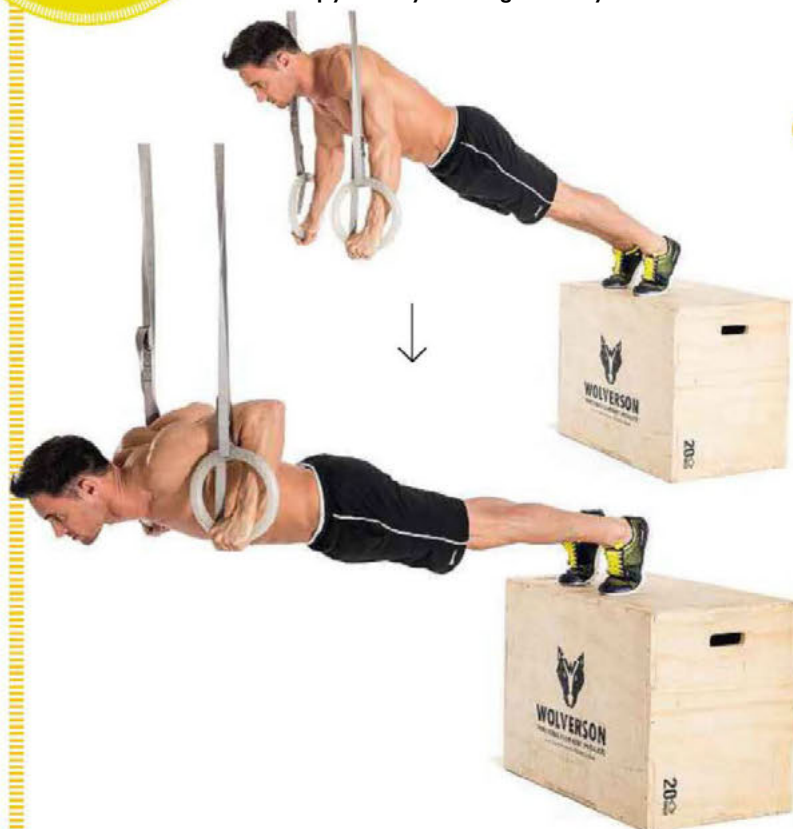
## WORKOUT 4

## CORE

### 1A// RING PRESS-UP

SETS 4 REPS 8 TEMPO 2010 REST 0SEC

Set up the rings so they're just higher than a box or bench. Hold the rings with an overhand grip, palms facing. Put your feet on the box or bench and extend your arms so you're in a press-up position. Keep your elbows close to your sides and your core tense while you bend your arms to do a press-up. Keep your body in a straight line as you lower.



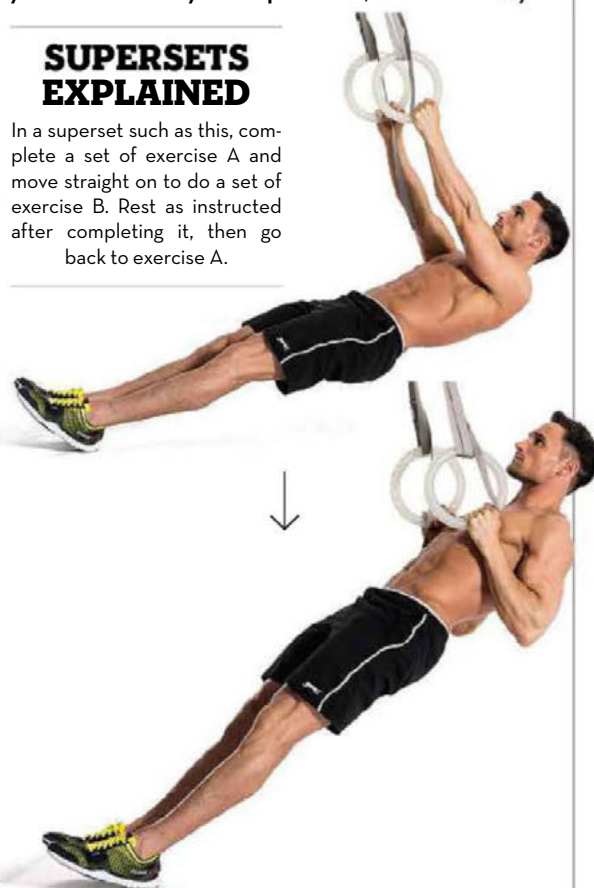
### 1B// RING INVERTED ROW

SETS 4 REPS 12 TEMPO 4012 REST 60SEC

Hold the rings and hang so your body forms a straight line, with your heels on the floor and your core braced. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower slowly.

### SUPERSETS EXPLAINED

In a superset such as this, complete a set of exercise A and move straight on to do a set of exercise B. Rest as instructed after completing it, then go back to exercise A.

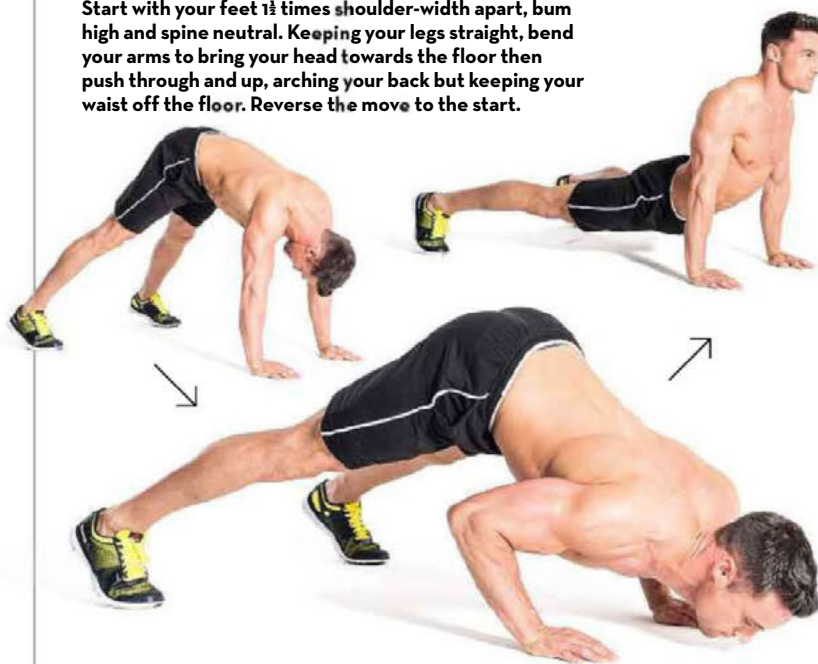




## 2A// DIVEBOMBER PRESS-UP

SETS 3 REPS 10 TEMPO 2121 REST 0SEC

Start with your feet  $1\frac{1}{2}$  times shoulder-width apart, bum high and spine neutral. Keeping your legs straight, bend your arms to bring your head towards the floor then push through and up, arching your back but keeping your waist off the floor. Reverse the move to the start.



BURGESS SAYS 'THIS ALLOWS YOU TO **BUILD A GREAT CHEST** WHILE IMPROVING THE MOBILITY OF YOUR SHOULDER AND BACK MUSCLES'

## 3A// DUMBBELL THRUSTER

SETS 3 TIME 60SEC AMRAP TEMPO N/A REST 0SEC

Hold dumbbells at shoulder height with an overhand grip, palms facing forwards. Keeping your chest up and back straight, squat down until your thighs are at least parallel to the floor, then drive back up, using the momentum to press the weights overhead. Lower the weights to your shoulders and continue into the next rep.



### AMRAP EXPLAINED

This stands for as many reps as possible. Do as many reps as you can with good form during the given time period.

## 2B// HANGING KNEE RAISE WITH RINGS

SETS 3 REPS 15 TEMPO 2011 REST 60SEC

Hold the rings and let your body hang with knees bent. Squeeze your abs and glutes to stop you swinging and raise your knees as high as you can. Pause, then lower slowly back to the start.



## 3B// PLANK

SETS 3 TIME 60SEC TEMPO N/A REST 90SEC

Get into a plank position with your weight supported by your feet and forearms. Keep your body in line, feet together and elbows directly under your shoulders. Squeeze your abs and core to help you keep your hips up.





# WEEK 3 + 4

With the strength foundations laid, it's time to crank up the workrate

## WORKOUT 5

### LEGS

#### 1A// BACK SQUAT

SETS 4 REPS 6 TEMPO 2010 REST OSEC

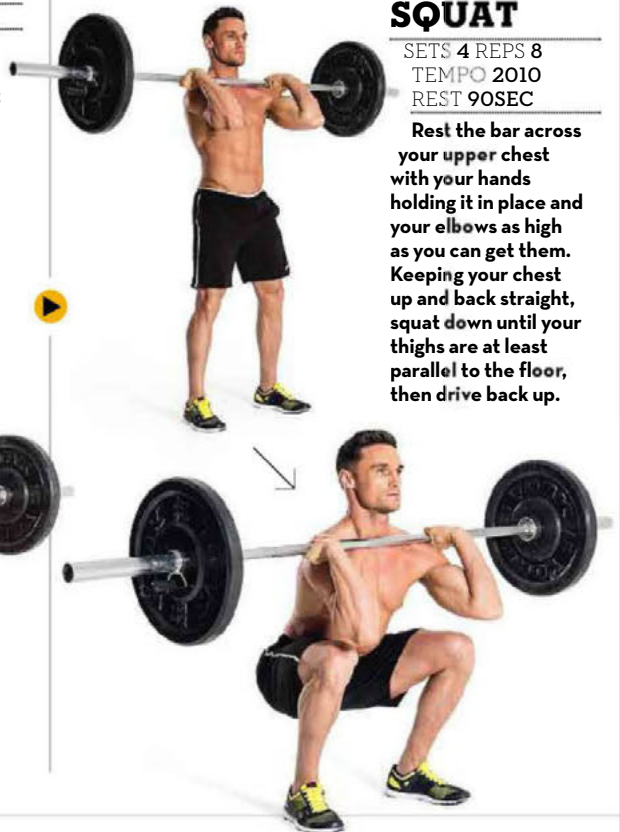
With your feet just wider than shoulder-width apart, rest the bar on the back of your shoulders. Keep your chest up and your core braced, and squat down until your thighs are at least parallel to the floor. Drive back up through your heels to stand.



#### 1B// FRONT SQUAT

SETS 4 REPS 8 TEMPO 2010 REST 90SEC

Rest the bar across your upper chest with your hands holding it in place and your elbows as high as you can get them. Keeping your chest up and back straight, squat down until your thighs are at least parallel to the floor, then drive back up.



#### 2A// FRONT FOOT ELEVATED SPLIT SQUAT

SETS 3 REPS 10 EACH SIDE TEMPO 2010 REST OSEC

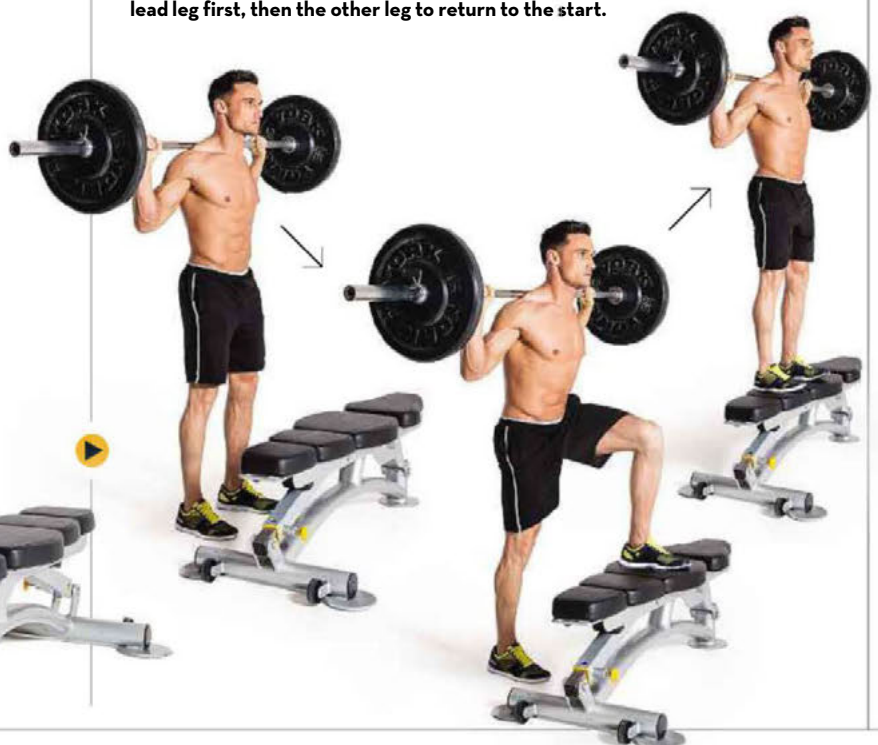
Start with one foot on the floor and the other up on a bench. Keeping your chest up, bend your legs until your back knee is just off the floor, without your front knee moving beyond your toes. Press back up to the start.



#### 2B// BARBELL STEP-UP

SETS 3 REPS 14 EACH SIDE TEMPO N/A REST 90SEC

With the bar resting across your shoulders and your core tensed, step onto a bench with one leg, then drive through the heel of that foot and bring the other foot up. Step back down with the lead leg first, then the other leg to return to the start.

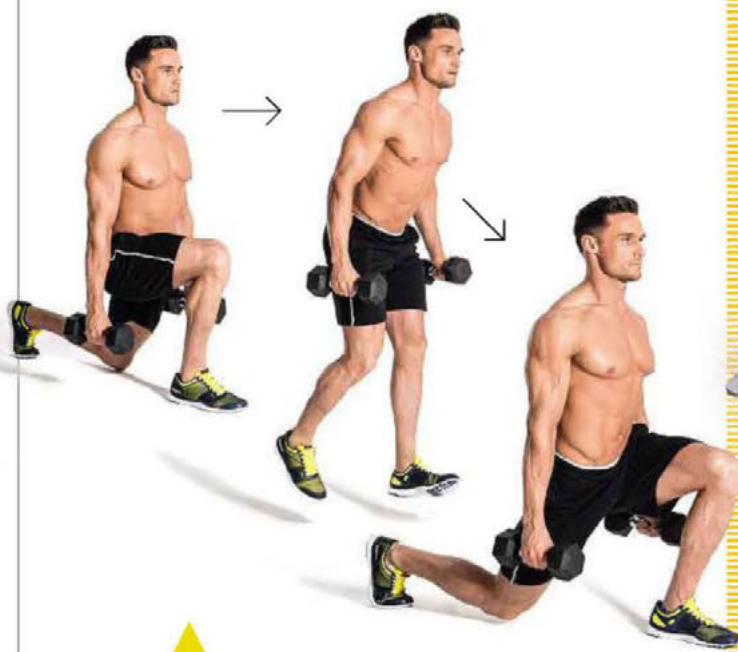




**3A// DUMBBELL JUMP LUNGE**

SETS 3 REPS 10 EACH SIDE TEMPO N/A REST OSEC

Start in a lunge position holding a light dumbbell in each hand. Jump off the ground by driving up with your front leg. Swap your legs over in mid-air so you land with the other leg forward. Continue, alternating sides.

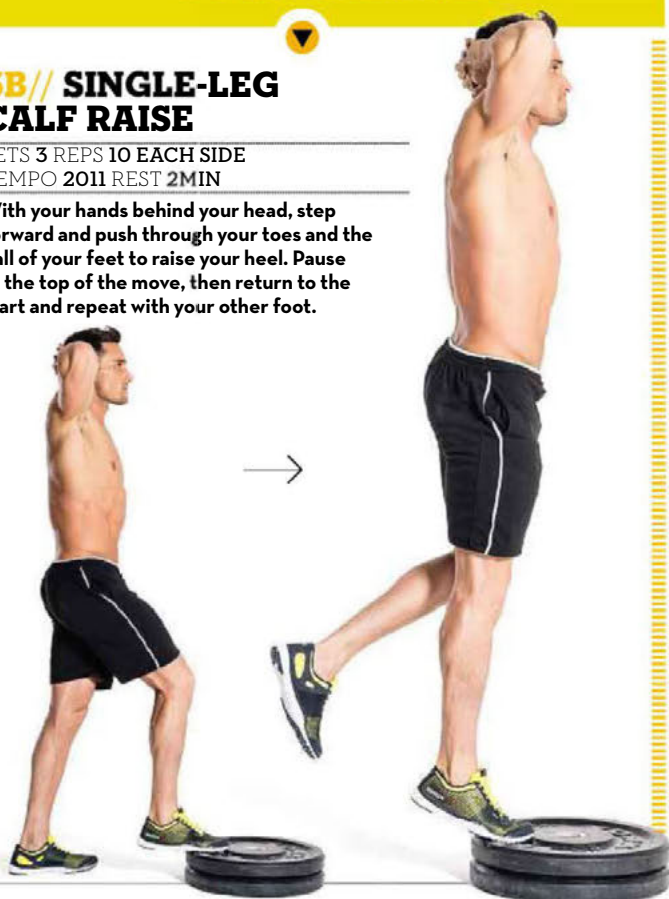


BURGESS SAYS 'DYNAMIC WEIGHTED LUNGES SUCH AS THE JUMP LUNGE WILL IMPROVE YOUR POWER AND BURN THROUGH CALORIES'

**3B// SINGLE-LEG CALF RAISE**

SETS 3 REPS 10 EACH SIDE TEMPO 2011 REST 2MIN

With your hands behind your head, step forward and push through your toes and the ball of your feet to raise your heel. Pause at the top of the move, then return to the start and repeat with your other foot.

**WORKOUT 6****UPPER BODY****1A// DUMBBELL BENCH PRESS**

SETS 4 REPS 6 TEMPO 2010 REST OSEC

Lie on a flat bench, holding dumbbells with an overhand grip either side of your chest. Drive your feet hard into the floor and press the weights straight up, then lower them slowly to the start position.

**1B// ONE-ARM ROW**

SETS 4 REPS 8 EACH SIDE TEMPO 2010 REST 90SEC

Support your knee on the bench with the other leg planted wide for balance. Keep a natural arch in your back and your core braced. Keeping your elbow tucked in, lift the weight slowly to the side of your chest. Return slowly to the start. Complete all reps on one side, then the other.

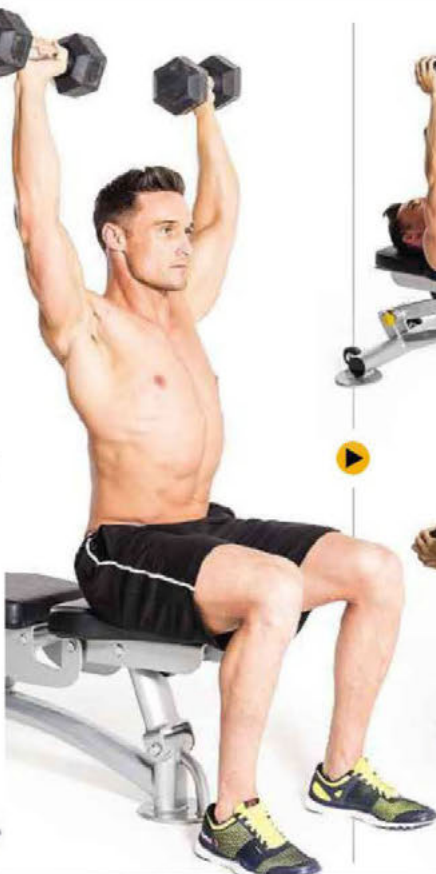




## 2A// SEATED DUMBBELL OVERHEAD PRESS

SETS 3 REPS 10 TEMPO 2010 REST 05SEC

Sit upright on a bench without resting your back against the support. Hold the weights so your upper arms are horizontal and your palms face forwards. Press the dumbbells straight up, then lower slowly.



## 2B// PULL-OVER

SETS 3 REPS 10 TEMPO 2010 REST 05SEC

Lie on a flat bench, holding a dumbbell in both hands. Keeping your arms straight and core locked to resist arching your back too much, bring the weight past your head until you feel a stretch in your chest. Reverse the move to the start.



## 3// RENEGADE ROW WITH PRESS-UP

SETS 4 TIME AMRAP IN 60SEC TEMPO N/A REST 60SEC

Start in a press-up position with your feet shoulder-width apart and a dumbbell in each hand. Perform a press-up, then do a one-arm row on each side, pulling the weight towards your armpit and keeping your core braced so your body stays in a straight line.



## 4// DUMBBELL CURL AND PRESS

SETS 4 TIME AMRAP IN 60SEC TEMPO N/A REST 60SEC

Hold dumbbells by your sides with your palms facing forwards. Curl the weights up to your chest, then continue straight into an overhead press, rotating your hands so your palms end up facing forwards. Reverse the move to the start.



**BURGESS SAYS 'THIS TOUGH MOVE HITS YOUR CHEST AND BACK WHILE BUILDING A ROCK-SOLID CORE'**



**WORKOUT 7****LEGS****1// GOOD MORNING**

SETS 4 REPS 10 TEMPO 2010 REST 60SEC

Stand holding a barbell on the back of your shoulders, not your neck. Slowly bend forwards at your hips, keeping your legs and back straight. Bend until you feel a stretch in your hamstrings, then rise back to the start.

**2// BARBELL LUNGE**

SETS 4 REPS 10 EACH SIDE TEMPO 2010 REST 60SEC

Resting the bar on the back of your shoulders, lunge forwards, keeping your back upright and your front knee over your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to the start position. Alternate legs.

**3// GLUTE BRIDGE**

SETS 3 REPS 12 TEMPO 2011 REST 60SEC

Lie on the floor with your legs bent and hold a bar on your hips. Drive through your heels and contract your glutes hard to raise your hips and the bar off the floor. Pause at the top of the move, then lower slowly.



**BURGESS SAYS 'GRIP STRENGTH IS MOST PEOPLE'S WEAKEST LINK AND THE FARMER'S WALK IS THE BEST TONIC. IF YOU GO HEAVY ENOUGH IT'LL ALSO CRANK UP YOUR HEART RATE AND BURN EXTRA CALORIES'**

**4// FARMER'S WALK**

SETS 3 TIME 40SEC TEMPO N/A REST 60SEC

Pick up the heaviest dumbbells or kettlebells you can handle and walk, standing tall with your chest proud and arms straight at your sides. If space is limited, walk in a figure-of-eight pattern.





## 5// SPLIT SQUAT

SETS 3 REPS 10 EACH SIDE TEMPO 2010 REST 60SEC

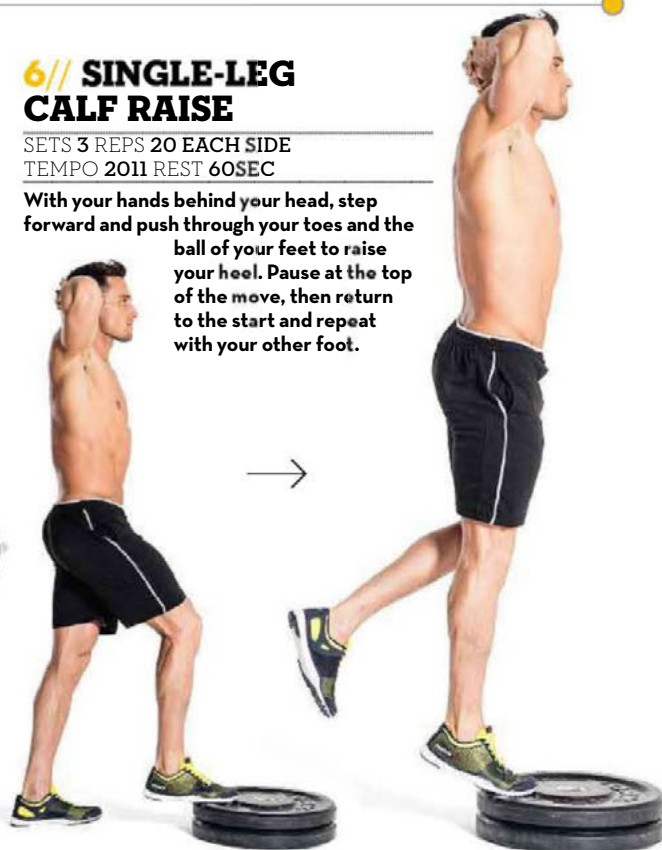
Start in a split stance with the bar resting across your shoulders. Keep your chest up and bend your legs until your back knee is just off the floor, without your front knee moving beyond your toes. Press back up powerfully.



## 6// SINGLE-LEG CALF RAISE

SETS 3 REPS 20 EACH SIDE TEMPO 2011 REST 60SEC

With your hands behind your head, step forward and push through your toes and the ball of your feet to raise your heel. Pause at the top of the move, then return to the start and repeat with your other foot.



## WORKOUT 8

## CORE

### 1A// RING HANGING KNEE RAISE

SETS 4 REPS 12 TEMPO 2111 REST 0SEC

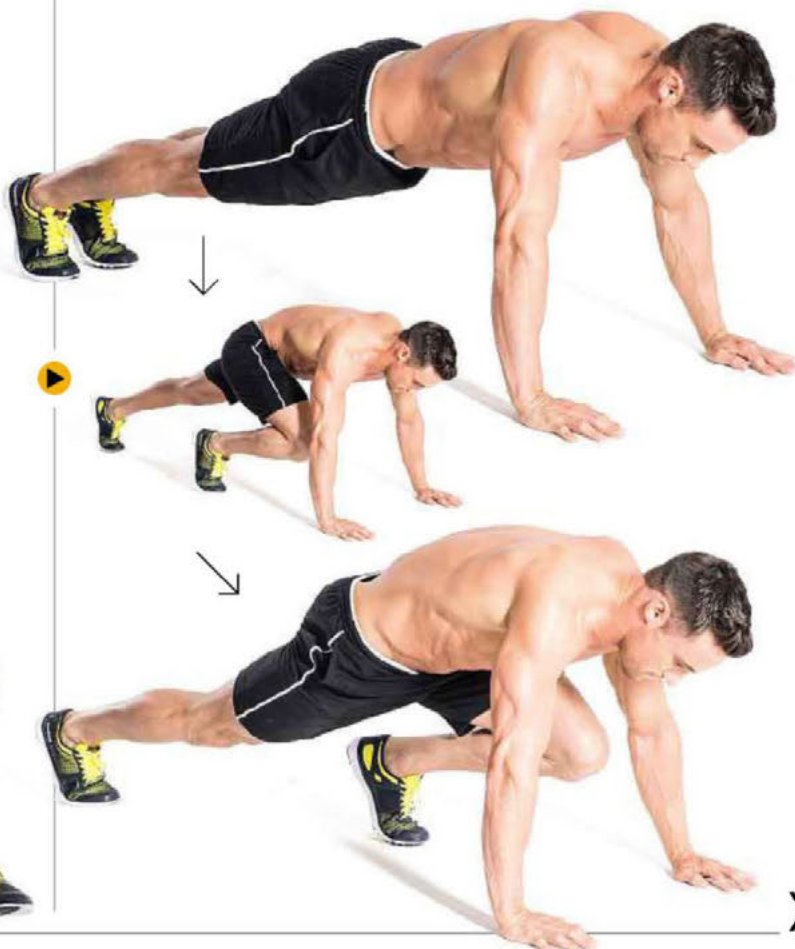
Hold the rings and let your body hang with knees bent. Squeeze your abs and glutes to stop you swinging and raise your knees as high as you can. Pause, then slowly lower back to the start.



### 1B// MOUNTAIN CLIMBER

SETS 4 REPS 10 EACH SIDE TEMPO N/A REST 60SEC

Start in the top of a press-up position. Keeping your shoulders locked, alternate jumping each foot forwards so your knee comes towards your elbows but your hands stay on the ground.





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## 2A// BARBELL LANDMINE TWIST

SETS 3 REPS 10 EACH SIDE TEMPO N/A REST 0SEC

Angle a barbell into the middle of a heavy weight plate or corner of the room, holding it with both arms straight. Keep your feet shoulder-width apart and knees slightly bent.

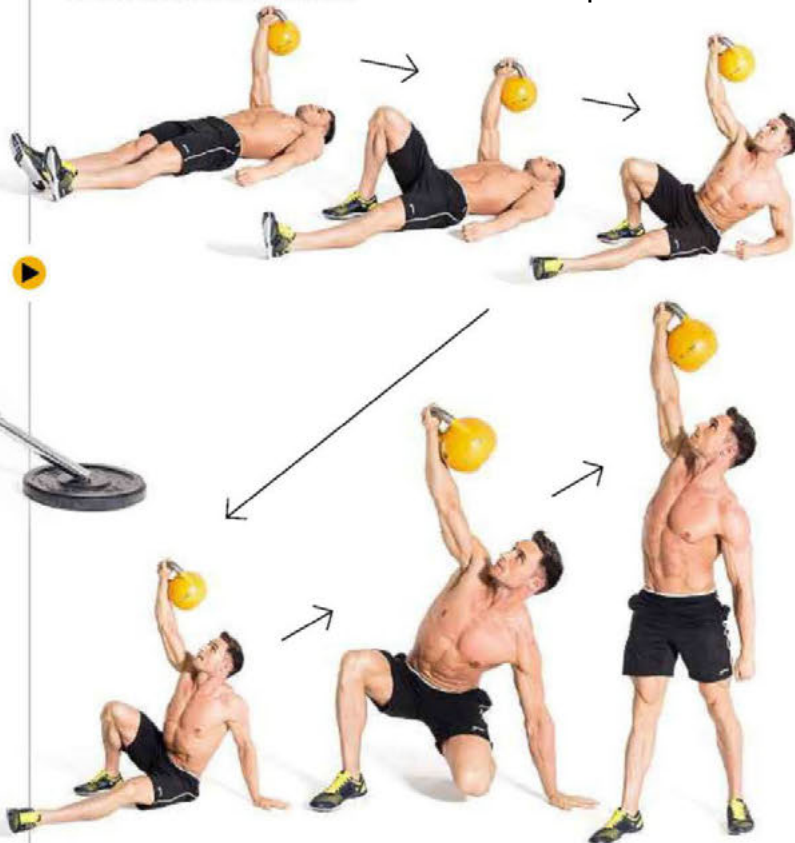
Keeping your core braced, slowly lower the bar to waist height on one side, then reverse the move and continue over to the other side.



## 2B// TURKISH GET-UP

SETS 3 TIME AMRAP IN 60SEC TEMPO N/A REST 60SEC

Hold a kettlebell above you in one hand with your arm locked. Keep your eyes on the weight and your shoulder locked as you contract your abs and bend your leg to sit up, so you're resting on your elbow. Push onto your hand and bring your other leg back. Stand, keeping the bell above you with your eyes on it. Slowly reverse the move to the start. Alternate sides with each rep.



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## 3A// PLANK

SETS 3 TIME 60SEC TEMPO N/A REST 0SEC

Get into a plank position with your weight supported by your feet and forearms. Keep your body in line, feet together and upper arms straight down from your shoulders. Squeeze your abs and glutes to help keep your hips up.



## 3B// SIDE PLANK

SETS 3 TIME 30SEC EACH SIDE TEMPO N/A REST 90SEC

Lie on your side, supporting your weight with the outside of one foot and your forearm. Keep your legs, torso and head in line and legs together, with your upper arm straight up. Squeeze your abs and glutes to help keep your hips up.





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Illustration Bill McConkey



**Every scar is a story, a special memory. Scars don't make you prettier but wiser cause one learns from these lessons.**

**Jens Voigt @thejensie**

The new holder of cycling's hour record waxes philosophical about his many, many injuries



**'If you go (with a break), you can either win or not win. If you don't go for it, you definitely won't win.'**

**Michael Blevins @sworntoblack**

Gym Jones trainer and Voigt fan channels a classic Jensie quote for a bit of motivation



**Train real movements for imaginary situations now, so you don't find yourself responding to real situations with imaginary movements later.**

**Erwan Le Corre @ErwanLeCorre**

The founder of natural movement philosophy MovNat doesn't approve of leg curl machines



**2 back squats every minute for 30 minutes. Went with 385. #aggressive**

**Jason Khalipa @JasonKhalipa**

The 2008 CrossFit Games champ still goes hard and heavy (even if he's talking in pounds)



**Being in your 20s is weird. It's 100x harder to stay financially and mentally stable/alive but damn does your skin improve.**

**Zoe Smith @ZoePabloSmith**

Yes, the Commonwealth Games gold medal-winning weightlifter still can't drink in the US



**My workout today is absolute horseshit without my Apple watch which I just found out existed.**

**Stephen Amell @amellywood**

The *Arrow* star is not averse to using technology for a helping hand



**En route to jungle via arctic?! Would blame my manager if I had one.**

**Leo Houlding @LeoHoulding**

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**Scott Jurek @ScottJurek**

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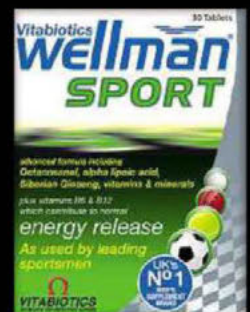
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